

Grab and Go Food Nutritional Information (DC, Maryland and Virginia)

The following nutritional information is provided by our fresh food supplier and is intended only as an estimate. Peet's bears no responsibility for the accuracy of this information. Not all items are available in every location. These items are produced in a kitchen where known allergens are present. Data is rounded to meet FDA regulations. Data for vitamins and minerals refers to percentage of US recommended daily intake values.

	<i>Serving Size (g)</i>	<i>Calories</i>	<i>Calories from Fat (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin A (%)</i>	<i>Vitamin C (%)</i>	<i>Calcium (%)</i>	<i>Iron (%)</i>
<u><i>Grab & Go</i></u>																
Black Forest Ham Sandwich	187	420	180	20	4.5	0	60	1040	39	4	6	22	35	8	25	20
Cheese & Fruit Box	162	500	250	27	16	0	75	630	26	3	7	21	20	40	50	15
Fruit Bowl	156	80	5	0	0	0	0	5	19	3	14	1	20	110	2	2
Blueberry Greek Yogurt Parfait	227	240	10	1	0	0	5	200	44	3	24	16	0	2	20	4
Hard Boiled Egg	43	70	40	4.5	1.5	0	160	55	0	0	0	5	4	0	2	2
Herb Roasted Turkey Sandwich	196	460	210	23	6	0	60	950	36	4	4	27	40	10	30	15
Lentil Salad	213	450	260	30	6	0	10	420	40	9	5	16	60	35	4	25
Meyer Lemon Gingersnap Greek Yogurt Parfait	232	320	20	2	0	0	5	170	59	1	37	18	0	10	25	6

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Grab & Go

Black Forest Ham Sandwich	Multigrain whole grain bun (whole grain wheat flour including germ, filtered water, multigrain mix [cracked wheat, cracked rye, crushed flax seeds, millet meal, cracked triticale, barley grits, sunflower seeds, rolled oats, durum semolina], sour dough [organic unbleached flour (wheat flour, ascorbic acid [natural dough conditioner], niacin, iron, thiamine mononitrate, riboflavin, folic Acid), filtered water, yeast, sea salt, sunflower oil], organic cane sugar, crushed flax seeds, yeast, rolled oats, millet, sea salt, sunflower oil, cultured wheat starch, citric acid, amylase [enzyme]), black forest ham (fresh ham, water, honey, contains less than 2% of salt, sugar, sodium phosphate, potassium chloride, dextrose, sodium erythorbate, sodium nitrite, natural smoke flavor, spice extractives. Coated with sugar and brown sugar, gelatin, honey, maltodextrin, caramel color, cinnamon, paprika), Swiss cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), mayonnaise (expeller pressed canola oil, pasteurized whole eggs, water, honey, white vinegar, sea salt, dry mustard, lemon juice concentrate), super greens (baby red chard, baby tatsoi, baby spinach, green Swiss chard, baby arugula), roasted garlic. Contains: milk, wheat.
Cheese & Fruit Box	Apples (apples, water, calcium ascorbate), brie cheese (pasteurized cultured cow's milk and cream, salt, cheese cultures, enzymes, calcium chloride, penicillium candidum), pepper jack cheese (pasteurized milk, jalapeno peppers, cheese culture, salt, enzymes), Dubliner cheese (pasteurized milk, salt, cheese cultures, enzymes), multi-grain crackers (brown rice flour, whole grain yellow corn, potato starch, safflower oil, oat fiber, evaporated cane juice, sesame seeds, flax seeds, millet, sea salt, quinoa seeds), almonds. Contains: almonds, milk
Fruit Bowl	Strawberries, cantaloupe (cantaloupe, water, sugar, citric acid, ascorbic acid, potassium sorbate, sodium benzoate), pineapple (pineapples, water, sugar, citric acid, ascorbic acid, potassium sorbate, sodium benzoate), kiwi, raspberries, grapes, blueberries, blackberries
Blueberry Greek Yogurt Parfait	Greek non-fat yogurt (cultured grade a non-fat milk. Contains active yogurt cultures), blueberry compote (blueberries, sugar, lemon juice, water, tapioca flour [cassava root], modified food starch, cardamom, granola (whole grain oats, sugar, canola oil, yellow corn flour, honey, soy flour, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor). Contains: milk, soy
Hard Boiled Egg	Hardboiled egg
Herb Roasted Turkey Sandwich	Multigrain whole grain bun (whole grain wheat flour including germ, filtered water, multigrain mix [cracked wheat, cracked rye, crushed flax seeds, millet meal, cracked triticale, barley grits, sunflower seeds, rolled oats, durum semolina], sour dough [organic unbleached flour (wheat flour, ascorbic acid [natural dough conditioner], niacin, iron, thiamine mononitrate, riboflavin, folic acid), filtered water, yeast, sea salt, sunflower oil], organic cane sugar, crushed flax seeds, yeast, rolled oats, millet, sea salt, sunflower oil, cultured wheat starch, citric acid, amylase [enzyme]), herb roasted turkey (turkey breast, water, contains less than 2% of sea salt, organic sugar, coated with black pepper, rosemary, sage, thyme, parsley), mayonnaise (expeller pressed canola oil, pasteurized whole eggs, water, honey, white vinegar, sea salt, dry mustard, lemon juice concentrate), Monterey jack cheese (pasteurized milk, cheese culture, salt, enzymes), super greens (baby red chard, baby tat soi, baby spinach, green Swiss chard, baby arugula), pumpkin seed kernels, canola oil, baby kale, basil, parmesan cheese (parmesan cheese [pasteurized part-skim milk, cheese culture, salt, enzymes], powdered cellulose added to prevent caking), olive oil (refined olive oil, extra virgin olive oil), garlic, sea salt. Contains: eggs, milk, wheat.
Lentil Salad	Black beluga lentils (black beluga lentils, water, sea salt), carrots, red wine vinegar (red wine vinegar, sodium metabisulfite), feta cheese (pasteurized cow's milk and skim milk, salt, enzymes, vegetable coagulant), red onion, red bell peppers, canola oil, parsley, olive oil (refined olive oil, extra virgin olive oil), sugar, garlic, sea salt, onion powder, ground black pepper, xanthan gum, marjoram leaves. Contains: milk.
Meyer Lemon Gingersnap Greek Yogurt Parfait	Greek Yogurt (Cultured Pasteurized Nonfat Milk, Live and Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei), Meyer Lemon Compote (Sugar, Meyer Lemon Juice, Cornstarch Slurry (corn starch, water), honey, cardamom), Granola (Whole Grain Oats, Sugar, Crisp Rice (Rice Flour, Barley Malt Extract, Salt), Honey, Brown Sugar Syrup, Salt, Baking Soda, Natural Flavor, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness), Gingersnap Cookies (Unbleached, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Molasses Soybean Oil, Leavening (Baking Soda, Calcium Phosphate) Ginger, Salt, Soy Lecithin).

Quinoa Salad

Quinoa (white quinoa, water, red quinoa, black quinoa, sea salt), chickpeas (garbanzo [grade a], water), roasted red peppers (roasted red peppers, water, salt, citric acid), green onion, champagne vinegar (wine vinegar), parsley, lemon juice, canola oil, olive oil (refined olive oil, extra virgin olive oil), sugar, Dijon mustard grained with wine (water, mustard seed, vinegar, salt, white wine, sugar, citric acid, spices, potassium metabisulfite), fresh garlic, sea salt, red chili flakes, onion powder, ground paprika, ground black pepper, xanthan gum, oregano leaves, thyme leaves.