

## Artisan Baked Goods Nutritional Information (DC/MD/VA)

Peet's has selected experienced, local bakeries to create a wide selection of baked goods in the tradition of Artisans – made by hand, in small batches and delivered fresh daily. The following nutritional information is provided by our baked goods suppliers and is intended only as an estimate. Because of the handcrafted nature of the baked goods at Peet's, serving size and nutritional data may vary. Not all items are available in every location. All of our baked goods are produced in bakeries where known allergens are present. We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Serving Size (g)*  
*Calories*  
*Calories from Fat (g)*  
*Total Fat (g)*  
*Saturated Fat (g)*  
*Trans Fat (g)*  
*Cholesterol (mg)*  
*Sodium (mg)*  
*Total Carbohydrates (g)*  
*Fiber (g)*  
*Sugars (g)*  
*Protein (g)*  
*bakery*

### Muffins:

Blueberry Muffin	176	610	200	23	6	0	75	680	97	3	49	10	Fresh Baguette
Honey Bran Muffin (reduced fat)	137	440	60	7	0.5	0	0	910	94	10	58	8	Fresh Baguette
Morning Glory Muffin with Coconut (vegan)	165	540	230	25	3	0	0	380	75	3	43	4	Fresh Baguette

### Scones:

Maple Walnut Scone	135	540	230	26	10	0	50	430	71	4	23	8	Fresh Baguette
Blueberry Scone	100	360	150	17	9	0	40	580	48	2	14	6	Fresh Baguette
Chocolate Scone	88	330	130	14	10	0	45	410	47	2	15	5	Fresh Baguette
Vanilla Cranberry Scone (vegan)	111	320	90	11	7	0	0	390	54	2	18	5	Fresh Baguette

### Croissants:

Almond Croissant	95	440	250	28	15	0	85	330	42	2	12	9	Fresh Baguette
Chocolate Croissant	96	400	220	25	15	1	60	300	42	2	11	6	Fresh Baguette
Butter Croissant	79	310	170	20	11	1	60	270	32	< 1	6	5	Fresh Baguette
Ham & Cheese Croissant	119	430	240	28	16	1	90	590	34	< 1	6	16	Fresh Baguette

### Danish:

Chouquette	9	50	25	3	1.5	0	30	50	6	0	3	1	Fresh Baguette
Gougère	13	50	30	3.5	2	0	30	110	3	0	0	2	Fresh Baguette
Apple Danish	105	360	130	16	9	0.5	50	500	50	1	12	6	Fresh Baguette
Caramelized Queen Tart	135	490	250	28	17	0	75	380	58	1	33	6	Fresh Baguette
Chocolate Hazelnut Brioche Knot	90	390	220	25	12	0	80	230	36	2	13	7	Fresh Baguette

### Sweet Breads & Rolls:

Banana Bread	123	500	170	19	3	0	50	470	77	2	44	7	Fresh Baguette
Lemon Bread	136	570	300	35	20	1	240	260	63	1	39	7	Fresh Baguette

### Cookies & Brownies:

Chocolate Chip Cookie	83	440	140	15	8	0	25	340	74	3	40	7	Fresh Baguette
White Chocolate Cranberry Cookie	80	330	100	11	5	0	20	290	55	1	34	4	Fresh Baguette
Peanut Butter Cookie (vegan)	73	340	120	14	4.5	0	0	160	52	1	31	6	Fresh Baguette
Brownie	100	450	220	26	15	0.5	70	220	50	3	46	4	Fresh Baguette
Berry Crumble Bar	85	240	60	7	4	0	10	130	42	3	23	3	Fresh Baguette

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### Muffins:

Blueberry Muffin	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Buttermilk (Cultured Grade A Lowfat Milk and Fat Free Milk, Nonfat Milk Solids, Salt, Sodium Citrate), Blueberry, Egg, Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Canola Oil, Lemon Zest, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Vanilla, Brown Sugar, Kosher Salt, Cinnamon. Contains: wheat, milk, egg, soy
Honey Bran Muffin (reduced fat)	Dough Muffin RF Honey Bran (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Apple Sauce (Apple, Sugar), Brown Sugar, Wheat Bran, Raisin, Fat Free Milk (Fat Free Milk, Vitamin A Palmitate, Vitamin D3), Egg White (Egg White, Guar Gum, Triethyl Citrate), Canola Oil, Unsulphured Molasses, Honey, Corn Syrup (High Fructose Corn Syrup, Vanilla Flavoring, Salt), Baking Soda (Sodium Bicarbonate), Salt (Salt, Yellow Prussiate Of Soda), Nonfat Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative))), Sugar, Cinnamon. Contains: Milk, Egg, Wheat
Morning Glory Muffin with Coconut (vegan)	Dough Muffin Morning Glory Vegan (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Canola Oil, Carrots, Banana (Banana, Ascorbic Acid) , Raisin, Coconut Flakes (Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite), Apple, Curaçao (Alcohol, Brandy Of Wine, Orange Aroma, Gelling Agent E466), Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative)), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Cinnamon, Baking Soda (Sodium Bicarbonate), Salt (Salt, Yellow Prussiate Of Soda), Egg Substitute (Potato Starch, Tapioca Flour, Leavening (Calcium Lactate, Calcium Carbonate, Citric Acid), Cellulose Gum Modified Cellulose)), Topping Muffin Morning Glory (Brown Sugar, Sugar, Sugar, Coconut Flakes (Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite), Cinnamon). Contains: Egg, Wheat, Coconut

### Scones:

Maple Walnut Scone	Dough Scone Maple Walnut (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Whole Wheat Flour, Sugar, Walnut, Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Butter (Cream Salt), Salt, Nonfat Dry Milk, Natural And Artificial Flavors, Potassium Sorbate, Soy Lecithin, Vitamin A, Palmitate Added, Beta Carotene)), Whole Grain Oat, Egg , Palm Oil, Maple Syrup (Pure Maple Syrup, Pure Cane Syrup), Brown Sugar, Maple Extract (Water, Caramel Color, Alcohol (12%), Vanilla Extract (Vanilla Bean Extractives In Water, Alcohol, Corn Syrup), Molasses Solids, Corn Syrup Solids, Natural And Artificial Flavors, Sugar, Sulfiting Agents) , Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative)), Salt (Sodium Silicoaluminate, Dextrose, Potassium Iodide), Baking Soda (Sodium Bicarbonate)), Glaze Maple Walnut (Powdered Sugar (Sugar, Cornstarch), Maple Syrup (Pure Maple Syrup, Pure Cane Syrup), Maple Extract (Water, Caramel Color, Alcohol (12%), Vanilla Extract (Vanilla Bean Extractives In Water, Alcohol, Corn Syrup), Molasses Solids, Corn Syrup Solids, Natural And Artificial Flavors, Sugar, Sulfiting Agents) , Walnut). Contains: Milk, Egg, Wheat, Soy, Walnut
Blueberry Scone	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Buttermilk (Cultured Grade A Lowfat Milk and Fat Free Milk, Nonfat Milk Solids, Salt, Sodium Citrate), Heavy Cream (Cream (milk), disodium phosphate, gellan gum), Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Sugar, Blueberry, Egg, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Salt. Contains: wheat, milk, egg, soy
Chocolate Scone	Dough Scone Chocolate Cream (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Semi Sweet Chocolate (Sugar, Chocolate, Cocoa Butter, Milk-Fat, Soy Lecithin, Vanillin, Artificial Flavor, Milk), Sugar, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Salt (Sodium Silicoaluminate, Dextrose, Potassium Iodide), Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative)), Cinnamon), Sugar, Cinnamon. Contains: Milk, Wheat, Soy
Vanilla Cranberry Scone (vegan)	Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Coconut Milk, Dried Cranberries (Cranberries, Sugar, Sunflower Oil, Citric Acid, Aronia Juice Concentrate), Coconut Oil, Palm Oil, Sugar, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative)), Turbinado Sugar, Salt (Sodium Silicoaluminate, Dextrose, Potassium Iodide). Contains: Wheat

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### Croissants:

Almond Croissant	FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (PASTEURIZED CREAM), SUGAR, BUTTER (CREAM, NATURAL FLAVORING), NONFAT DRY MILK (NONFAT DRY MILK, VITAMIN A PALMINATE, VITAMIN D3), YEAST, SALT (SODIUM SILICOALUMINATE, DEXTROSE, POTASSIUM IODIDE), DOUGH IMPROVER (WHEAT
Chocolate Croissant	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Butter (pasteurized cream), Dark chocolate (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, vanilla), Sugar, Milk Powder (nonfat dry milk, vitamin A palmitate, vitamin D3), Egg (whole egg, citric acid), Yeast, Salt, Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg, soy
Butter Croissant	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Butter (pasteurized cream), Sugar, Milk Powder (nonfat dry milk, vitamin A palmitate, vitamin D3), Egg (whole egg, citric acid), Yeast, Salt, Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg
Ham & Cheese Croissant	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Swiss Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), Butter (pasteurized cream), Ham (cured with: dextrose, salt, sodium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite), Sugar, Milk Powder (nonfat dry milk, vitamin A palmitate, vitamin D3), Egg (whole egg, citric acid), Yeast, Salt, Italian Seasoning (marjoram, thyme, rosemary, savory, sage, oregano, basil), Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg

### Danish:

Chouquette	Egg (whole egg, citric acid), Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Butter (pasteurized cream), Salt. Contains: wheat, milk, egg
Gougère	Egg (whole egg, citric acid), Mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, natamycin), Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Butter (pasteurized cream), Mustard (mustard seeds, vinegar, salt, white wine, citric acid, natural flavors, potassium metabisulphite, turmeric), Salt. Contains: wheat, milk, egg
Apple Danish	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Apple puree (apple, sugar), Butter (pasteurized cream), Egg (whole egg, citric acid), Salt, Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg
Caramelized Queen Tart	Kouign Amann (Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Butter (Pasteurized Cream), Butter (Cream, Natural Flavoring), Nonfat Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Salt (Sodium Silicoaluminate, Dextrose, Potassium Iodide), Yeast), Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Blueberry. Contains: Milk, Wheat
Chocolate Hazelnut Brioche Knot	Dough Brioche Knot (Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream), Egg, Dough Croissant (Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream), Sugar, Butter (Cream, Natural Flavoring), Nonfat Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Yeast, Salt (Sodium Silicoaluminate, Dextrose, Potassium Iodide), Dough Improver (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Enzymes)), Butter (Cream, Natural Flavoring), Sugar, Cocoa Powder (High Fat Cocoa Processed With Alkali), Yeast, Salt (Sodium Silicoaluminate, Dextrose, Potassium Iodide), Nonfat Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3)), Nutella (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Whey, Soy Lecithin As Emulsifier, Vanillin), Hazelnut. Contains: Milk, Wheat, Soy, Hazelnut

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### Sweet Breads & Rolls:

- Banana Bread  
Banana, Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Walnut, Egg (whole egg, citric acid), Canola oil, Brown sugar, Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Vanilla, Kosher Salt, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Baking soda (Sodium bicarbonate), Cinnamon. Contains: wheat, milk, egg, soy, walnut
- Lemon Bread  
Sugar, Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Heavy cream (Cream (milk), disodium phosphate, gellan gum), Egg yolk, Egg (whole egg, citric acid), Lemon juice, Lemon zest, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Vanilla, Corn Syrup, Kosher Salt. Contains: wheat, milk, egg, soy

### Cookies & Brownies:

- Chocolate Chip Cookie  
Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat (milk), soy lecithin (added as an emulsifier), vanilla), Brown sugar, Sugar, Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Egg (whole egg, citric acid), Vanilla, Baking soda (Sodium bicarbonate), Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Kosher Salt. Contains: wheat, milk, egg, soy
- White Chocolate Cranberry Cookie  
Dough Cookie (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Butter (Cream Salt), Salt, Nonfat Dry Milk, Natural And Artificial Flavors, Potassium Sorbate, Soy Lecithin, Vitamin A, Palmitate Added, Beta Carotene)), Flour (Bleached, Enriched Wheat Flour, Malted Barley Flour, Potassium Bromate (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Egg, Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative)), Baking Soda (Sodium Bicarbonate), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Salt (Salt, Yellow Prussiate Of Soda)), Dried Cranberries (Cranberries, Sugar, Sunflower Oil, Citric Acid, Aronia Juice Concentrate), White Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Non Fat Dry Milk, Milkfat, Soy Lecithin, Natural Vanilla Extract). Contains: Milk, Egg, Wheat, Soy
- Peanut Butter Cookie (vegan)  
Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (Grapeseed And/Or Cottonseed), Salt), Sugar, Margarine Sub (Palm Oil, Soybean Oil, Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate, Citric Acid, Natural And Artificial Flavor, Beta Carotene, Vitamin A, Palmitate Added), Egg Substitute (Potato Starch, Tapioca Flour, Leavening (Calcium Lactate, Calcium Carbonate, Citric Acid), Cellulose Gum Modified Cellulose), Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative)), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Baking Soda (Sodium Bicarbonate). Contains: Wheat, Peanuts, Soy
- Brownie  
Semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat (milk), soy lecithin (added as an emulsifier), vanilla), Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Sugar, Egg (whole egg, citric acid), Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Coffee extract, Vanilla, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Kosher Salt. Contains: wheat, milk, egg, soy
- Berry Crumble Bar  
Bar Fruit (Raspberry, Blackberry, Sugar, Lemon Juice, Cornstarch, Tapioca Flour), Bar Base (Whole Grain Oat, Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Butter (Cream Salt), Salt, Nonfat Dry Milk, Natural And Artificial Flavors, Potassium Sorbate, Soy Lecithin, Vitamin A, Palmitate Added, Beta Carotene)), Sugar, Egg, Corn Syrup (High Fructose Corn Syrup, Vanilla Flavoring, Salt), Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative)), Salt (Salt, Yellow Prussiate Of Soda), Cinnamon, Cardamom), Bar Crumble (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Butter (Cream Salt), Salt, Nonfat Dry Milk, Natural And Artificial Flavors, Potassium Sorbate, Soy Lecithin, Vitamin A, Palmitate Added, Beta Carotene)), Salt (Salt, Yellow Prussiate Of Soda), Cardamom). Contains: Milk, Egg, Wheat, Soy