

## Artisan Baked Goods Nutritional Information (Boston)

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.

	<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>
<b><u>Muffins:</u></b>												
Blueberry Muffin	198	660	300	33	6	0	140	460	81	2	45	8
Morning Glory Muffin with Coconut	198	700	350	39	6	0	105	580	80	3	47	7
Chocolate Chip Muffin	198	660	300	33	6	0	140	460	81	2	45	8
Raisin Bran Muffin	170	420	150	17	4.5	0	55	650	65	9	21	9
Banana Walnut Muffin (Vegan)	170	440	50	6	1.5	0	190	440	85	3	35	12

<b><u>Scones:</u></b>												
Lemon Ginger Scone	170	420	200	22	14	0	95	280	49	1	14	7
Cranberry Orange Scone	128	440	200	23	14	0	95	280	51	1	14	7
Maple Walnut Scone	170	570	340	37	15	0	95	280	52	3	14	10
Mixed Berry Scone	140	430	200	23	14	0	95	280	51	2	15	7

<b><u>Croissants:</u></b>												
Almond Croissant	120	520	320	36	15	0	85	210	43	2	13	8
Croissant	62	390	250	28	15	0	85	210	30	1	3	5
Chocolate Croissant	90	510	310	35	19	0	85	200	44	3	15	6
Spinach & Ricotta Croissant	80	510	330	36	19	0	115	280	36	2	4	10

<b><u>Bagel/ Rolls:</u></b>												
Everything Bagel	153	410	30	3.5	0	0	0	850	83	4	10	11
Plain Bagel	142	360	10	1	0	0	0	630	78	2	8	9

<b><u>Bagels &amp; Cream Cheese:</u></b>												
Everything Bagel & Cream Cheese	181	510	110	13	6	0	30	960	85	4	11	13
Plain Bagel & Cream Cheese	170	460	90	10	6	0	30	740	80	2	9	11

<b><u>Danish:</u></b>												
Sticky Bun with Pecan	100	510	330	36	15	0	80	200	42	2	15	6
Apple Danish	113	500	330	37	15	0	65	360	39	1	11	5

	<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>
<b><u>Sweet Breads:</u></b>												
Pumpkin Bread	113	410	190	21	4	0	45	280	53	2	34	4
Lemon Poppyseed Bread	113	430	210	23	4	0	85	290	51	2	27	6
Banana Walnut Bread	113	510	230	25	5	0	70	580	65	2	34	7
Apple Cinnamon Bread	113	410	190	21	4	0	85	290	51	0	28	5

<b><u>Cookies:</u></b>												
Chocolate Chip Cookie	113	510	220	24	14	0	70	390	68	3	40	6
Oatmeal Raisin Cookie	113	450	150	17	10	0	80	170	70	3	38	7
Coconut Cookie (Vegan)	113	240	60	7	3	0	0	270	42	1	24	2
Sugar Cookie	75	420	220	24	15	0	75	110	48	1	24	4

<b><u>Dessert Bars:</u></b>												
Brownie	68	440	210	23	14	0	110	210	52	3	37	6
Apricot Oat Crumble Bar	113	450	10	1	0	0	0	90	103	3	48	8

<b><u>Cream Cheese:</u></b>												
Cream Cheese	28	100	80	9	6	0	30	105	2	0	1	2

## Artisan Baked Goods Ingredient Information (Boston)

### **Muffins:**

Blueberry Muffin	Muffin base [sugar, bleached wheat flour, modified food starch, soybean oil, leavening, dairy whey, soy flour, salt, wheat gluten, emulsifiers, natural and artificial flavor], eggs, salt, soybean oil, blueberries. Contains: WHEAT, SOY, EGGS, MILK
Morning Glory Muffin with Coconut	Carrots, soybean oil, eggs, sugar, salt, cinnamon, all purpose flour, baking soda, raisins, vanilla extract, apple sauce, unsweetened desiccated coconut. Contains: WHEAT, SOY, EGGS, COCONUT
Chocolate Chip Muffin	emulsifiers, natural and artificial flavor], eggs, salt, soybean oil, cocoa powder, dark chocolate chips. Contains: WHEAT, SOY, EGGS, MILK
Raisin Bran Muffin	Butter milk, all purpose flour, brown sugar, bran flour, soybean oil, eggs, baking soda, baking powder, salt, vanilla. Contains: WHEAT, MILK, EGGS, SOY
Banana Walnut Muffin (Vegan)	Fresh bananas, sugar, brown sugar, soy milk, soy oil, flour, baking powder, baking soda, salt, cinnamon, nutmeg, ginger. Contains SOY, WHEAT

### **Scones:**

Lemon Ginger Scone	All purpose flour, butter, buttermilk, granulated sugar, egg, baking powder, baking soda, salt, lemon oil, caramelized ginger. Contains: WHEAT, MILK, EGGS
Cranberry Orange Scone	Flour, eggs, butter, sugar, salt, baking soda, baking powder, buttermilk, dried sweetened cranberries, orange oil. Contains: WHEAT, MILK, EGGS
Maple Walnut Scone	All purpose flour, butter, granulated sugar, buttermilk, walnut pieces, egg, baking powder, maple spirit, baking soda, salt. Contains: WHEAT, MILK, EGGS, SOY, WALNUTS
Mixed Berry Scone	Flour, eggs, butter, sugar, salt, baking soda, baking powder, buttermilk, strawberries, blueberries, blackberries. Contains: WHEAT, MILK, EGGS

### **Croissants:**

Almond Croissant	Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes), almond paste (almonds, sugar, water, almond oil, potassium sorbate); topping: almonds, powdered sugar. Contains: WHEAT, SOY, EGGS, MILK, TREE NUTS (ALMONDS)
Croissant	Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes). Contains: WHEAT, SOY, EGGS, MILK
Chocolate Croissant	Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes), Callebaut European Baton chocolate (sugar, cocoa fat, cocoa butter, soy lecithin, vanilla flavor); topping: powdered sugar. Contains: WHEAT, SOY, EGGS, MILK
Spinach & Ricotta Croissant	Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes), cooked frozen spinach, ricotta cheese. Contains: WHEAT, SOY, EGGS, MILK

### **Bagel/ Rolls:**

Everything Bagel	Unbleached Unbromated Wheat Flour, Water, Sesame Seeds, Poppy Seeds, Dried Onion Flakes, Yeast, Malt, Brown Sugar, Sea Salt. May Contain 2% Or Less Of The Following: Corn Flour, Absorbic Acid, Soy Oil, Enzymes, Calcium Sulfate. Contains: Wheat
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### **Artisan Baked Goods Ingredient Information (Boston)**

Plain Bagel	Unbleached Unbromated Wheat Flour, Water, Yeast, Malt, Brown Sugar, Sea Salt. May Contain 2% Or Less Of The Following: Corn Flour, Absorbic Acid, Soy Oil, Enzymes, Calcium Sulfate. Contains: Wheat
<b><u>Bagels &amp; Cream Cheese:</u></b>	
Everything Bagel & Cream Cheese	Bagel: Unbleached Unbromated Wheat Flour, Water, Sesame Seeds, Poppy Seeds, Dried Onion Flakes, Yeast, Malt, Brown Sugar, Sea Salt. May Contain 2% Or Less Of The Following: Corn Flour, Absorbic Acid, Soy Oil, Enzymes, Calcium Sulfate. Contains: Wheat. Cream Cheese: Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers (Carob Bean Gum And/Or Xanthan And/Or Guar Gums. Contains:
Plain Bagel & Cream Cheese	Bagel: Unbleached Unbromated Wheat Flour, Water, Yeast, Malt, Brown Sugar, Sea Salt. May Contain 2% Or Less Of The Following: Corn Flour, Absorbic Acid, Soy Oil, Enzymes, Calcium Sulfate. Contains: Wheat. Cream Cheese: Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers (Carob Bean Gum And/Or Xanthan And/Or Guar Gums. Contains: Milk
<b><u>Danish:</u></b>	
Sticky Bun with Pecan	Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes, pecans, sugar, corn syrup, vegetable oil, corn starch, honey, salt. Contains: WHEAT, SOY, EGGS, MILK, TREE NUTS (PECANS)
Apple Danish	Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes), apple filling. Contains: WHEAT, SOY, EGGS, MILK
<b><u>Sweet Breads:</u></b>	
Pumpkin Bread	Flour, eggs, sugar, salt, oil, baking powder, baking soda, pumpkin spice, pumpkin, raisins, butter crumble topping. Contains: WHEAT, SOY, MILK, EGGS
Lemon Poppyseed Bread	Muffin base [sugar, bleached wheat flour, modified food starch, soybean oil, leavening, dairy whey, soy flour, salt, wheat gluten, emulsifiers, natural and artificial flavor], eggs, salt, soybean oil, lemon oil, poppy seeds. Contains: SOY, WHEAT, MILK, EGGS
Banana Walnut Bread	Flour, eggs, sugar, soybean oil, baking soda, sour cream, salt, banana, walnuts. Contains: SOY, WHEAT, MILK, EGGS, TREE NUTS (WALNUTS)
Apple Cinnamon Bread	Muffin base [sugar, bleached wheat flour, modified food starch, soybean oil, leavening, dairy whey, soy flour, salt, wheat gluten, emulsifiers, natural and artificial flavor], egg, soybean oil, apple sauce, water. Contains: WHEAT, MILK, EGGS, SOY
<b><u>Cookies:</u></b>	
Chocolate Chip Cookie	Butter, brown sugar, eggs, flour, baking soda, salt, dark chocolate chunks. Contains: WHEAT, EGGS, MILK
Oatmeal Raisin Cookie	Butter, brown sugar, eggs, flour, baking soda, salt, cinnamon, nutmeg, raisins, oats. Contains: WHEAT, EGGS, MILK
Coconut Cookie (Vegan)	Flour, brown sugar, granulated sugar, coconut flake, soybean oil, water, flaxseed meal, baking powder, baking soda, vanilla extract. Contains: WHEAT, SOY, COCONUTS
Sugar Cookie	Flour, butter, sugar, salt, vanilla, white chocolate. Contains: WHEAT, MILK
<b><u>Dessert Bars:</u></b>	
Brownie	Flour, eggs, butter, sugar, vanilla, confectionary sugar, water, bittersweet chocolate. Contains: WHEAT, EGGS, MILK
Apricot Oat Crumble Bar	Apricot jam, all purpose flour, unsalted butter, brown sugar, rolled oats, cinnamon. Contains: WHEAT, MILK
<b><u>Cream Cheese:</u></b>	
Cream Cheese	Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers (Carob Bean Gum And/Or Xanthan And/Or Guar Gums. Contains: Milk