

Artisan Baked Goods Nutritional Information (NorCal)

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>
<u>Muffins:</u>												
Blueberry Crumble Muffin	142	540	230	26	9	0	80	360	72	2	33	7
Morning Glory Muffin (Vegan) (Made without Wheat)	142	500	210	24	2	0	0	130	66	6	27	9
Banana Blueberry Bran Muffin (Reduced Fat)	128	300	50	6	1	0	0	320	55	2	29	7
<u>Scones:</u>												
Maple Walnut Scone	113	490	250	28	11	0	60	240	58	3	21	9
Cranberry Walnut Scone	102	300	90	10	2.5	0	20	90	48	3	28	5
Petite Lemon Scone	43	190	80	9	6	0	30	150	24	1	8	2
Iced Lemon Scone	104	450	210	24	13	0	65	310	51	1	11	7
Raspberry Blackberry Cream Scone	118	360	160	17	9	0	60	320	44	2	12	6
Apricot Oatmeal Scone (Vegan)	108	430	190	22	2.5	0	0	310	54	3	14	6
Peach Berry Scone (Reduced Fat)	110	300	70	8	4.5	0	55	300	50	2	16	6
<u>Sweet Breads:</u>												
Banana Nut Bread	125	430	170	18	8	0	60	260	59	2	28	6
Pumpkin Bread	125	400	160	17	2	0	65	450	54	2	28	6
Apple Crumble Coffee Cake	142	570	240	26	16	0	95	410	77	2	44	6
Lemon Poppy Bread	113	420	190	21	7	0	85	220	53	1	29	5
<u>Cookies:</u>												
Peanut Butter Cookie (Vegan)	69	360	180	20	2.5	0	5	290	39	2	19	7
Sugar Cookie	58	260	80	11	6	0	35	160	49	3	29	4
Chocolate Chunk Cookie	85	390	160	18	8	0	15	200	55	3	32	5
Spicy Ginger Cookie	89	380	120	13	6	0	35	180	61	1	32	5
<u>Bars:</u>												
Nut & Grain Bar	79	370	190	21	6	0	35	180	40	5	19	9
Guittard Chocolate Brownie (Vegan) (Made without Wheat)	81	360	160	18	2.5	0	0	115	52	4	33	3
<u>Bagel & Cream Cheese:</u>												
Plain Bagel & Cream Cheese	123	320	60	6	3	0	15	640	55	2	6	11
Plain Bagel	102	270	10	1	0	0	0	550	54	2	5	10
Cream Cheese	21	50	45	5	3	0	15	85	1	0	1	1
<u>Croissants:</u>												
Almond Croissant	73	290	180	20	11	0	55	330	23	1	5	5
Butter Croissant	73	300	150	17	11	0.5	45	350	30	1	5	6
Single Origin Chocolate Croissant	83	360	180	20	12	0.5	45	330	38	2	13	6
<u>Danish & Other:</u>												
Ham and Aged Swiss Bowtie	90	340	180	20	12	0.5	65	400	27	1	5	12
Cinnamon Twist	90	400	200	23	14	0.5	60	400	43	< 1	12	6
Old-Fashioned Glazed Doughnut	85	280	100	11	5	0	15	280	43	1	24	3
Roasted Apple Monkey Bread	113	360	100	11	3	0	35	260	59	2	25	7
Kouign Amann Tart ("Queen Ah-Mon")	100	450	260	29	18	1	80	340	43	1	21	6
Peet's Blueberry & Ginger Tart	113	450	190	21	11	0	25	250	64	1	34	4

Artisan Baked Goods Ingredients (NorCal)

Muffins:

Blueberry Crumble Muffin

Cake Flour (wheat flour), Granulated White Sugar, Blueberries, Unbleached Pastry Flour (Soft Wheat - Unenriched), Sour Cream (grade A cultured cream and kosher gelatin), Unsalted Butter, Canola Oil, Whole Egg, Unbleached Wheat Flour (hard wheat flour - unenriched), Brown Sugar, Buttermilk (cultured low fat milk and condensed skim milk, salt, sodium citrate, vitamin a palmitate, vitamin d3), Beet Syrup, Non-Fat Milk Powder, Evaporated Cane Sugar, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Pure Vanilla Extract, Sea Salt, Lemon Flavedo (lemon peel, sugar, lemon oil), Tapioca Flour (cassava root), Blueberry Extract, Almond Extract, Ground Cinnamon, Ground Cardamom. CONTAINS: EGGS, MILK, WHEAT

Morning Glory Muffin (Vegan) (Made without Wheat)

Brown Sugar, Grated Carrots, Canola Oil, Whole Oats, Almond Milk (filtered water, cane sugar, almonds, dipotassium phosphate, calcium carbonate, sunflower lecithin, gellan gum, guar gum, sea salt, vitamin A palmitate, vitamin D2 (Ergocalciferol)), Crushed Pineapple, Potato Starch, Tapioca Flour (cassava root), Garbanzo Flour (garbanzo beans (chickpeas)), Brown Rice Flour (brown rice), Pumpkin Seeds, Sunflower Seeds, Midget Raisins, Unsweetened Applesauce (apples, water, apple juice from concentrate), Molasses* (unsulfured), Coconut Flakes, Walnuts, Flax Seeds, Fresh Ginger, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Pure Vanilla Extract* (water, alcohol, flavor), Baking Soda (sodium bicarbonate), Apple Cider Vinegar, Xanthan Gum, Orange Extract, Ground Cinnamon, Sea Salt, Ground Ginger, Ground Cardamon. CONTAINS: COCONUT, ALMOND, WALNUT

Banana Blueberry Bran Muffin (Reduced Fat)

Unbleached Wheat Flour (hard wheat flour - unenriched), Banana Puree, Brown Sugar, Blueberries, Fruitrim (made from fruit juice & natural grain dextrin), Wheat Bran, Non Fat Milk (organic pasteurized grade a nonfat milk, vitamin a palmitate, vitamin d3), Quick Rolled Oats, Egg Whites, Canola Oil, Dry Whole Milk Powder, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Sea Salt, Baking Soda (sodium bicarbonate), Pure Vanilla Extract, Pan Coating (canola oil capric/caprylic triglycerides, phosphated mono & diglycerides, silicon dioxide, calcium stearate and propellant (no chlorofluoro-carbons) CONTAINS: EGGS, MILK, WHEAT

Scones:

Maple Walnut Scone

Unbleached Wheat Flour (hard wheat flour – unenriched), Heavy Cream, Unbleached Whole Wheat Pastry Flour (unenriched – soft white wheat), Walnuts, Granulated Sugar, Whole Oats, Unsalted Butter, Palm Shortening (palm oil), Whole Egg, Speedee Glaze (sugar, maltodextrin), Fruit Trim (fruit juice & natural grain dextrin), Brown Sugar, Maple Extract (maple flavor, glycerine, alcohol, caramel color, water), Baking Powder (sodium bicarbonate, cornstarch, monocalcium phosphate), Pure Vanilla Bean Puree (water, sugar, pure bourbon vanilla extract, vanilla beans gum tragacanth), Sea Salt, Baking Soda (sodium bicarbonate), Water, Molasses. CONTAINS: EGGS, MILK, TREE NUTS, WHEAT

Cranberry Walnut Scone

Cranberries, Brown Sugar, Unbleached Pastry Flour (Soft Wheat - Unenriched), Walnuts, Buttermilk (cultured low fat milk and condensed skim milk, salt, sodium citrate, vitamin a palmitate, vitamin d3), Whole Egg, Granulated Sugar, Non-Hydrogenated Margarine (palm oil, palm kernel oil, canola oil, water, salt, whey powder (milk), vegetable monoglycerides, natural flavor, citric acid, vitamin a palmitate, vitamin d3), Unsalted Butter, Currants, Canola Oil, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Sea Salt CONTAINS: DAIRY, EGGS, MILK, TREE NUTS, WHEAT

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Petite Lemon Scone	Unbleached Pastry Flour (Soft Wheat - Unenriched), Unsalted Butter, Frost & Glaze Sugar (sugar, maltodextrin), Buttermilk (cultured low fat milk and condensed skim milk, salt, sodium citrate, vitamin a palmitate, vitamin d3), Evaporated Cane Sugar, Currants, Whole Egg, Lemon Juice, Lemon Extract, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Lemon Emulsion, Sea Salt, Baking Soda (sodium bicarbonate), Lemon Zest (lemon peel, water, citric acid) CONTAINS: EGGS, MILK, WHEAT
Iced Lemon Scone	Enriched Unbleached Flour, Manufacturing Cream, Butter, Bakers Margarine, Milk, Sugar, Eggs, Powdered Sugar, Baking Powder, Salt, Lemon Juice, Lemon Peel. CONTAINS: WHEAT, MILK, EGGS
Raspberry Blackberry Cream Scone	Enriched Unbleached Flour, Manufacturing Cream, Sugar, Eggs, Butter, Bakers Margarine, Ollalieberries, Milk, Raspberries, Frozen, Red, Sweetened, Baking Powder, Salt, Orange Peel. CONTAINS: WHEAT, MILK, EGGS
Apricot Oatmeal Scone (Vegan)	Enriched Unbleached Flour, Vegan Margarine [Vegetable Oil Blend (Palm Fruit, Canola, Soybean, Flax, Olive Oils), Water, Pea Protein, Sunflower Lecithin, Lactic Acid, Annatto Extract (color)], Soy Milk, Apricot Preserves, Whole Grain Wheat Flour, Canola Oil, Apricots, Sugar, Oats, Applesauce, Baking Powder, Salt, Orange Peel. CONTAINS: SOY, WHEAT
Peach Berry Scone (Reduced Fat)	A/P flour, sugar, buttermilk, butter, egg, raspberries, ollalieberries, peaches, baking powder, salt, and baking soda.
<u>Sweet Breads:</u>	
Banana Nut Bread	Enriched Unbleached Flour, Bananas, Sugar, Sour Cream , Eggs, Brown Sugar, Butter, Bakers Margarine, Walnuts, Canola Oil, Baking Powder , Salt, Vanilla Extract. CONTAINS: WHEAT, MILK, EGGS, WALNUTS
Pumpkin Bread	Enriched Unbleached Flour, Pumpkin, Sugar, Eggs, Canola Oil, Brown Sugar, Buttermilk, Baking Soda, Salt, Cinnamon, Allspice. Contains: Milk, Egg, Wheat
Apple Crumble Coffee Cake	Enriched Unbleached Flour, Butter, Sugar, Buttermilk, Brown Sugar, Apples, Eggs, Salt, Baking Powder, Cinnamon, Cardamom, Vanilla. Contains: Milk, Egg, Wheat
Lemon Poppy Bread	Granulated White Sugar, Cake Flour (wheat flour), Sour Cream (grade A cultured cream and kosher gelatin), Whole Egg, Unbleached Pastry Flour (Soft Wheat - Unenriched), Canola Oil, Unsalted Butter, Beet Syrup, Poppy Seeds, Lemon Flavedo (lemon peel, sugar, lemon oil), Cornstarch, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Lemon Juice Powder (corn syrup solids, lemon juice solids and lemon oil), Lemon Extract, Lemon Juice, Sea Salt, Lemon Oil, Ascorbic Acid. CONTAINS: EGGS, MILK, WHEAT

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Cookies:

Peanut Butter Cookie (Vegan)	Enriched Unbleached Flour, Peanut Butter, Canola Oil, Sugar, Applesauce, Brown Sugar, Salt, Baking Powder , Vanilla Extract , Nutmeg. CONTAINS: WHEAT, PEANUT
Sugar Cookie	A/P flour, sugar, butter, eggs, vanilla, baking powder and salt.
Chocolate Chunk Cookie	European Butter Blend (vegetable oil blend (palm and palm kernel oil, soybean oil), skim milk butter (cream, salt), contains less than 2% of natural flavor, vitamin A palmitate added, beta carotene (color), salt), Granulated Sugar, Brown Sugar, Unbleached Wheat Flour (hard wheat flour - unenriched), Unbleached Pastry Flour (Soft Wheat - Unenriched), Semisweet Chocolate Chunks (sugar, unsweetened chocolate, cocoa butter, natural vanilla extract, soy lecithin), Bittersweet Chocolate (chocolate liquor processed with potassium carbonate, sugar, cocoa butter, butter oil, soya lecithin, pure vanilla), Dark Rye Flour, Whole Egg, Fruitrim (made from fruit juice & natural grain dextrin), Baking Soda (sodium bicarbonate), Pure Vanilla Bean Puree (water, sugar, pure bourbon vanilla extract, vanilla beans, gum tragacanth), Sea Salt. CONTAINS: EGGS, MILK, SOY, WHEAT
Spicy Ginger Cookie	Unbleached Wheat Flour (hard wheat flour - unenriched), Brown Sugar, Evaporated Cane Sugar, Molasses (unsulfured), Non-Hydrogenated Cookie Shortening (palm oil and high oleic canola oil), Unsalted Butter, Whole Egg, Candied Ginger (ginger, cane sugar), Fresh Ginger, Granulated Sugar, Baking Soda (sodium bicarbonate), Ground Ginger, Ground Cinnamon, Sea Salt, White Pepper, Ground Allspice, Ground Cardamon CONTAINS: MILK, EGGS, WHEAT

Bars:

Nut & Grain Bar	Whole Oats, Unsalted Butter, Granulated Sugar, Brown Sugar, Unbleached Wheat Flour (hard wheat flour - unenriched), Walnuts, Pumpkin Seeds, Almonds (diced), Fruitrim (made from fruit juice & natural grain dextrin), Flax Seeds, Whole Wheat White Flour (hard white whole wheat), Whole Egg, Sesame Seeds, Natural Almond Meal, Chia Seeds, Orange Flavedo (orange peel, sugar, orange oil), Water, Pure Vanilla Extract, Baking Soda (sodium bicarbonate), Almond Extract, Sea Salt. CONTAINS: MILK, EGGS, TREE NUTS, WHEAT
Guittard Chocolate Brownie (Vegan) (Made without Wheat)	Sugar, Canola Oil, Rice Flour, Water, Vegan Chocolate Chip , Chickpea Flour, Applesauce, Cocoa, Sorghum Flour, Vanilla Extract , Baking Soda, Baking Powder , Salt, Xanthan Gum.

Bagel & Cream Cheese:

Plain Bagel & Cream Cheese	Bagel: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Salt, Wheat Gluten, Molasses Powder (Molasses, Wheat Starch), Malt Powder (Barley Malt Extract, Corn), Malted Barley Flour, Soybean Oil, Ascorbic Acid, Enzymes. Cream Cheese: Pasteurized Milk and Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Natamycin (a Natural Mold Inhibitor), Vitamin A Palmitate, Cheese Culture. Contains Soy, Wheat, Milk.
Plain Bagel	Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Salt, Wheat Gluten, Molasses Powder (Molasses, Wheat Starch), Malt Powder (Barley Malt Extract, Corn), Malted Barley Flour, Soybean Oil, Ascorbic Acid, Enzymes. Contains Soy, Wheat
Cream Cheese	Pasteurized Milk and Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Natamycin (a Natural Mold Inhibitor), Vitamin A Palmitate, Cheese Culture. Contains: milk.

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Croissants:

Almond Croissant	High Gluten Flour, Butter, Milk, Nuts, Almond Paste, Sugar, Almonds, Eggs, Salt, Yeast, Almond Extract. CONTAINS: WHEAT, MILK, TREE NUTS, EGGS
Butter Croissant	Wheat Flour (Wheat Flour, Enzymes), Butter, Milk, Water, Sugar, Less than 2%: Yeast, Sea Salt, Dough Conditioner (Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes), Egg. CONTAINS: WHEAT, MILK, EGG
Single Origin Chocolate Croissant	Wheat Flour (Wheat Flour, Enzymes), Butter, Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier (Soy Lecithin, Vanilla), Milk, Water, Sugar, Less than 2%: Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes), Egg. CONTAINS: WHEAT, MILK, SOY, EGG

Danish & Other:

Ham and Aged Swiss Bowtie	Wheat Flour (Wheat Flour, Enzymes), Butter, Ham (Pork, Water, Sea Salt, Natural Flavors, Sugars), Milk, Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Corn Starch, Calcium Sulfate, Natamycin), Water, Sugar, Less than 2%: Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes), Egg. CONTAINS: WHEAT, MILK, EGG
Cinnamon Twist	High gluten flour, European butter, yeast, milk, sugar, water, eggs, salt, cinnamon and brown sugar.
Old-Fashioned Glazed Doughnut	Enriched Wheat Flour (Wheat Flour, Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Soybean Oil, Nonfat Dry Milk, Contains 2 % or less of each of the following: Defatted Soy Flour (Contains Soy Lecithin), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Dried Egg Yolks, Potato Flour, Salt, Soy Lecithin, Natural and Artificial Flavor, Water, Sugar, Maltodextrin, Palm Oil, Vanilla. Contains: Eggs, Milk, Soy, Wheat
Roasted Apple Monkey Bread	Unbleached Wheat Flour (hard wheat flour - unenriched), Water, Apples, Brown Sugar, Canola Oil, Granulated Sugar, Speedee Glaze (sugar, maltodextrin), Fruitrim (made from fruit juice & natural grain dextrin), Non-Fat Milk Powder, Unsalted Butter, Honey, Egg Yolk (egg yolk, sugar), Heavy Cream, Ground Cinnamon, SAF Yeast (yeast, sorbitan monostearate, ascorbic acid), Sea Salt, Ground Cardamom, Liquid Pan Coating (canola oil, phosphated mono-diglycerides, silicon dioxide, calcium stearate). CONTAINS: EGGS, MILK, WHEAT
Kouign Amann Tart ("Queen Ah-Mon")	Wheat Flour (Wheat Flour, Enzymes), Butter, Sugar, Cream Cheese, (Milk, Cream, Cheese Culture, Salt, Carob Bean and Guar Gum), Water, Blueberries, Yeast, Sea Salt, Eggs, Dough Conditioner (Wheat Flour, Xanthan Gun, Deactivated Yeast, Ascorbic Acid, Enzymes), Flan Powder (Sugar, Potato Starch, Corn Starch, Whey Powder, Milk, Sodium Alginate, Salt, Natural Flavoring, Color (Beta Carotene), Citric Acid. CONTAINS: WHEAT, MILK
Peet's Blueberry & Ginger Tart	Speedee Glaze (sugar, maltodextrin), Unbleached Wheat Flour (hard wheat flour - unenriched), Unbleached Pastry Flour (Soft Wheat - Unenriched), Palm Shortening (Palm oil), Blueberries, Evaporated Cane Sugar, Unsalted Butter (pasteurized cream), Water, Buttermilk (cultured low fat milk and condensed skim milk, salt, sodium citrate, vitamin a palmitate, vitamin d3), Heavy Cream, Blue Decorating Sugar (cane sugar, color added (spirulina powder), carnauba wax), White Decorating Sugar (cane sugar, carnauba wax), Granulated Sugar*, Candied Ginger (ginger, cane sugar), Tapioca Flour (cassava root), Whole Egg, Sea Salt, Cornstarch, Fresh Ginger, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Citric Acid, Baking Soda (sodium bicarbonate). CONTAINS: EGGS, MILK, WHEAT