

Artisan Baked Goods Nutritional Information (SLO)

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 Oatmeal Muffin | 170 | 540 | 200 | 23 | 4 | 0 | 25 | 370 | 82 | 7 | 38 | 7 |
| Honey Bran Muffin | 156 | 490 | 180 | 20 | 1 | 0 | 15 | 400 | 78 | 5 | 40 | 6 |
| Lemon Blueberry Muffin | 149 | 470 | 140 | 16 | 4 | 0 | 5 | 420 | 77 | 2 | 47 | 7 |
| Strawberry Muffin | 170 | 550 | 210 | 24 | 4 | 0 | 25 | 390 | 80 | 7 | 36 | 8 |

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| <u>Scones:</u> | | | | | | | | | | | | |
| Blueberry Scone | 113 | 350 | 120 | 13 | 8 | 0 | 50 | 170 | 52 | 2 | 19 | 6 |
| Lemon Scone | 142 | 470 | 140 | 16 | 10 | 0 | 60 | 210 | 76 | 1 | 37 | 7 |
| Maple Walnut Scone | 142 | 490 | 170 | 19 | 10 | 0 | 60 | 210 | 72 | 1 | 34 | 7 |
| Toasted Almond Scone | 92 | 340 | 140 | 16 | 8 | 0 | 45 | 160 | 43 | 2 | 12 | 6 |

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| <u>Croissants:</u> | | | | | | | | | | | | |
| Butter Croissant | 99 | 360 | 180 | 20 | 13 | 1 | 55 | 330 | 39 | 1 | 5 | 5 |
| Almond Croissant | 106 | 390 | 200 | 22 | 13 | 1 | 50 | 330 | 43 | 2 | 8 | 6 |
| Chocolate Croissant | 113 | 410 | 210 | 23 | 15 | 1 | 60 | 370 | 45 | 2 | 6 | 6 |
| Ham & Cheese Croissant | 142 | 490 | 240 | 28 | 17 | 1 | 75 | 360 | 51 | 2 | 7 | 9 |
| Spinach & Feta Croissant | 113 | 380 | 210 | 24 | 15 | 0.5 | 70 | 390 | 35 | 1 | 5 | 6 |

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| <u>Danish:</u> | | | | | | | | | | | | |
| Bear Claw | 99 | 400 | 210 | 23 | 9 | 0 | 60 | 230 | 40 | 3 | 6 | 9 |
| Cinnamon Roll | 135 | 510 | 220 | 25 | 15 | 1 | 100 | 320 | 62 | 3 | 22 | 9 |
| Hand Pie | 142 | 450 | 210 | 24 | 15 | 1 | 90 | 100 | 52 | 2 | 18 | 6 |
| Old Fashioned | 106 | 420 | 200 | 23 | 12 | 0 | 75 | 240 | 46 | 3 | 16 | 7 |
| Apple Cinnamon Pull-Apart Bread | 170 | 460 | 170 | 19 | 11 | 0 | 70 | 230 | 69 | 5 | 37 | 7 |

| | <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>Sweet Breads:</u> | | | | | | | | | | | | |
| Banana Bread | 142 | 500 | 200 | 23 | 2 | 0 | 60 | 620 | 70 | 2 | 44 | 6 |
| Pumpkin Bread | 142 | 490 | 190 | 22 | 1.5 | 0 | 30 | 230 | 70 | 2 | 43 | 5 |
| Zucchini Bread | 142 | 440 | 160 | 18 | 1.5 | 0 | 20 | 250 | 63 | 2 | 31 | 6 |

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| <u>Cookies:</u> | | | | | | | | | | | | |
| Chocolate Chip Cookie | 78 | 370 | 170 | 19 | 12 | 0 | 40 | 160 | 46 | 2 | 27 | 4 |
| Chocolate Walnut Cookie | 71 | 370 | 230 | 26 | 10 | 0 | 35 | 45 | 29 | 4 | 17 | 6 |
| Oatmeal Raisin Cookie | 71 | 260 | 70 | 8 | 4.5 | 0 | 40 | 160 | 45 | 2 | 23 | 5 |
| Peanut Butter Cookie | 78 | 340 | 140 | 16 | 5 | 0 | 35 | 430 | 44 | 2 | 28 | 7 |
| Sugar Cookie | 50 | 240 | 110 | 13 | 8 | 0 | 35 | 95 | 28 | 1 | 8 | 3 |
| Vegan Swedish Dreams Cookie | 106 | 500 | 260 | 29 | 9 | 0 | 0 | 170 | 56 | 2 | 27 | 6 |
| Vegan Chocolate Cinnamon Cookie | 64 | 270 | 120 | 13 | 5 | 0 | 0 | 130 | 38 | 2 | 20 | 2 |
| Vegan Spicy Ginger Cookie | 71 | 260 | 70 | 8 | 3 | 0 | 0 | 500 | 43 | 1 | 20 | 3 |

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| <u>Dessert Bars:</u> | | | | | | | | | | | | |
| Chewy Fruit Bar (low fat) | 92 | 330 | 80 | 9 | 5 | 0 | 55 | 320 | 60 | 2 | 40 | 5 |

Artisan Baked Goods Ingredients (SLO)

Muffins:

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|--------------------------|--|
| Blueberry Oatmeal Muffin | Flour, Water, Eggs, Oil, Whole Wheat Flour, Bran Flakes, Sugar, Brown Sugar, Blueberries, Baking Soda, Salt, Corn Syrup, Sugar, Modified Corn Starch. Topping: Oats, butter, sugar. Contains: eggs, wheat |
| Honey Bran Muffin | Flour, Water, Eggs, Oil, Whole Wheat Flour, Bran Flakes, Sugar, Brown Sugar, Pineapple, Raisins, Molasses, Baking Soda, Salt. Contains: eggs, wheat |
| Lemon Blueberry Muffin | Flour, Sour Cream, Sugar, Blueberries, Eggs, Butter, Lemon Flavor, Baking Powder, Salt, Baking Soda, Vanilla. |
| Strawberry Muffin | Flour, Water, Eggs, Oil, Whole Wheat Flour, Bran Flakes, Sugar, Brown Sugar, Strawberries, Baking Soda, Salt, Corn Syrup, Sugar, Modified Corn Starch. Topping: Oats, butter, sugar. Contains: eggs, wheat |

Scones:

| | |
|----------------------|---|
| Blueberry Scone | Flour, Sugar, Buttermilk, Eggs, Butter, Baking Powder, Vanilla, Blueberries. Contains: eggs, milk, wheat |
| Lemon Scone | Flour, Sugar, Buttermilk, Eggs, Butter, Baking Powder, Vanilla, Lemon Emulsion. Contains: eggs, milk, wheat |
| Maple Walnut Scone | Flour, Sugar, Buttermilk, Eggs, Butter, Baking Powder, Vanilla, Maple Flavor, Walnuts. Contains: eggs, milk, nuts, wheat |
| Toasted Almond Scone | Flour, Sugar, Buttermilk, Eggs, Butter, Baking Powder, Vanilla, Almonds, Almond Emulsion. Contains: eggs, milk, nuts, wheat |

Croissants:

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|--------------------------|---|
| Butter Croissant | Flour, Butter, Water, Sugar, Yeast, Malt, Salt. Contains: Wheat |
| Almond Croissant | Flour, Butter, Water, Sugar, Yeast, Malt, Salt. Filling: Blanched Almonds, Butter, Sugar. Contains: Nuts, wheat |
| Chocolate Croissant | Flour, Butter, Water, Sugar, Yeast, Malt, Salt. Filling: Chocolate Chips. Contains: Wheat |
| Ham & Cheese Croissant | Flour, Butter, Water, Sugar, Yeast, Malt, Salt. Filling: Ham, Swiss Cheese. Contains: milk, wheat |
| Spinach & Feta Croissant | Flour, Butter, Water, Sugar, Yeast, Malt, Salt. Filling: Cream Cheese, Spinach, Feta, Spices. Contains: milk, wheat |

Danish:

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| Bear Claw | Flour, Water, Eggs, Sugar, Butter, Milk Powder, Yeast, Salt. Filling: Sugar, Flour, Egg, Oil, Water, Cocoa, Almond Paste, Milk, Baking Soda, Salt, Caramel Color. Contains: eggs, milk, nuts, wheat |
| Cinnamon Roll | Flour, Water, Eggs, Sugar, Butter, Milk Powder, Yeast, Salt, Cinnamon. . Contains: eggs, milk, wheat |
| Hand Pie | Flour, Butter, Sugar, Eggs, Salt. Filling: Apples, Corn Syrup, Water, Sugar, Modified Corn Starch. Contains: eggs, wheat |
| Old Fashioned | Flour, Water, Eggs, Sugar, Butter, Milk Powder, Yeast, Salt, Cinnamon, Walnuts. . Contains: eggs, milk, nuts, wheat |
| Apple Cinnamon Pull-Apart Bread | Flour, Water, Eggs, Sugar, Butter, Milk Powder, Yeast, Salt. Filling: Apples, Corn Syrup, Water, Sugar, Modified Corn Starch. . Contains: eggs, milk, wheat |

Artisan Baked Goods Ingredients (SLO)

Sweet Breads:

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| Banana Bread | Sugar, Flour, Banana Puree, Eggs, Oil, Salt, Baking Soda. Contains: eggs, wheat |
| Pumpkin Bread | Pumpkin, Flour, Sugar, Eggs, Oil, Spices, Baking Powder, Salt, Baking Soda. Contains: eggs, wheat |
| Zucchini Bread | Zucchini, Flour, Sugar, Oil, Eggs, Vanilla, Salt, Cinnamon, Baking Soda. Contains: eggs, wheat |

Cookies:

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|---------------------------------|---|
| Chocolate Chip Cookie | Flour, Brown Sugar, Butter, Milk Chocolate Chips, Semi Sweet Chocolate Chunks, White Chocolate Chips, Eggs, Vanilla, Baking Soda, Salt, Cinnamon. Contains: eggs, wheat |
| Chocolate Walnut Cookie | Chocolate, Walnuts, Brown Sugar, Flour, Butter, Eggs, Vanilla, Baking Powder. Contains: eggs, nuts, wheat |
| Oatmeal Raisin Cookie | Brown Sugar, Flour, Oats, Butter, Raisins, Eggs, Vanilla, Baking Soda, Baking Powder, Salt, Cinnamon, Nutmeg, Cloves. Contains: eggs, wheat |
| Peanut Butter Cookie | Flour, Sugar, Butter, Peanut Butter, Eggs, Peanut Butter Chips, Peanuts, Vanilla, Baking Soda, Salt. Contains: eggs, peanuts, wheat |
| Sugar Cookie | Flour, Butter, Sugar, Eggs, Vanilla, Baking Soda, Salt. Contains: wheat |
| Vegan Swedish Dreams Cookie | Flour, Sugar, Nucoa (soybean oil, water, salt, vegetable monoglycerides, soy lecithin, artificial flavor, calcium disodium, EDTA, citric acid, Vitamin A), Walnuts, Coconut. Contains: nuts, wheat |
| Vegan Chocolate Cinnamon Cookie | Flour, Sugar, Nucoa (soybean oil, water, salt, vegetable monoglycerides, soy lecithin, artificial flavor, calcium disodium, EDTA, citric acid, Vitamin A), Cocoa Powder, Cinnamon. Contains: wheat |
| Vegan Spicy Ginger Cookie | Flour, Sugar, Nucoa (soybean oil, water, salt, vegetable monoglycerides, soy lecithin, artificial flavor, calcium disodium, EDTA, citric acid, Vitamin A), water, molasses, baking soda, cinnamon, ginger, crystallized ginger, cloves, nutmeg, salt. Contains: wheat |

Dessert Bars:

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| Chewy Fruit Bar (low fat) | Brown Sugar, Flour, Eggs, Butter, Craisins, Raisins, Chocolate Chips, Vanilla, Baking Powder, Salt. Contains: eggs, wheat |
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