

## 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.

	<u>Serving</u> <u>Size (g)</u>	<u>Calories</u>	<u>Calories</u> <u>from Fat</u>	<u>Total Fat</u> <u>(g)</u>	<u>Saturated</u> <u>Fat (g)</u>	<u>Trans Fat</u> <u>(g)</u>	<u>Cholesterol</u> <u>(mg)</u>	<u>Sodium</u> <u>(mg)</u>	<u>Total</u> <u>Carbohydr</u> <u>ates (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>
<b><u>Muffins:</u></b>												
Blueberry 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
<b><u>Scones:</u></b>												
Lemon Ginger Scone	170	420	200	22	14	0	95	280	49	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
<b><u>Danish:</u></b>												
Apple Danish	113	500	330	37	15	0	65	360	39	1	11	5
<b><u>Sweet Breads:</u></b>												
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
Pumpkin Bread	113	410	190	21	4	0	45	280	53	2	34	4
<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
<b><u>Dessert Bars:</u></b>												
Brownie	68	440	210	23	14	0	110	210	52	3	37	6

## 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
- 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

### **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
- 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

### **Danish:**

- 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

### **Sweet Breads:**

- 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)
- Pumpkin Bread Flour, eggs, sugar, salt, oil, baking powder, baking soda, pumpkin spice (cinnamon, nutmeg, allspice, ginger, cloves), pumpkin, raisins, butter crumble topping. Contains: WHEAT, SOY, MILK, EGGS

### **Cookies:**

- 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

### **Dessert Bars:**

- Brownie Flour, eggs, butter, sugar, vanilla, confectionary sugar, water, bittersweet chocolate. Contains: WHEAT, EGGS, MILK