

Artisan Baked Goods Nutritional Information (Portland)

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>Calories</u>	<u>Total Fat</u>	<u>Saturated</u>	<u>Trans Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Total</u>				
	<u>Size (g)</u>	<u>Calories</u>	<u>from Fat (g)</u>	<u>Fat (g)</u>	<u>(g)</u>	<u>(mg)</u>	<u>(mg)</u>	<u>Carbohydrates (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>	
Blueberry Muffin	142	330	80	9	1.5	0	95	410	58	0	36	5
Almond Poppy Seed Muffin	142	370	110	13	2	0	105	460	58	0	33	7
Raspberry Dessert Scone	120	350	110	12	6	0	15	510	55	0	21	6
Lemon Poppy Seed Ginger Scone	128	430	150	17	8	0	0	730	64	0	26	6
Chocolate Hazelnut Scone	130	450	240	27	13	0	80	510	60	2	19	9
Pumpkin Scone	123	430	180	20	10	0	15	610	57	2	26	6
Butter Croissant	108	430	220	25	15	0.5	65	640	41	1	4	8
Almond Croissant	115	470	250	28	13	0.5	60	580	46	1	11	9
Chocolate Croissant	108	440	230	26	15	0.5	60	580	44	1	10	7
Banana Walnut Bread	95	260	60	7	4	0	45	135	46	1	18	4
Carrot Zucchini Bread	85	290	130	15	1	0	35	200	34	1	21	4
Cinnamon Coffee Cake	136	350	40	4.5	1	0	30	480	72	0	34	6
Cinnamon Roll	170	720	250	28	14	0	95	530	105	3	41	12
Merendine Bun	127	510	230	26	15	0.5	50	660	61	1	24	7
Marionberry Cream Cheese Cup	150	490	230	25	13	0	35	500	58	2	23	6
Oatmeal Raisin Cookie	113	460	160	18	8	0	50	320	70	1	27	6
Chocolate Chip Cookie	113	490	210	23	14	0.5	70	590	68	1	40	5
Iced Shortbread Cookie	80	330	70	8	4.5	0	10	35	64	0	54	1

Ingredients:

Blueberry Muffin	Sugar, Bleached Enriched Wheat Flour(Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Modified Food Starch, Dried Whey, Palm Oil, Leavening,(Sodium Aluminum Phosphate, Sodium Bicarbonate), Emulsifier Blend (Propylene, Glicol Mono Ester, Soybean Oil, Mono and Diglycerides, Lecithin, BHA, Citric Acid), Wheat Gluten, Salt, Artificial Flavor, Sodium Stearoyl Lactylat, Whole Egg, soybean oil, Blueberries., Water, Crystal sugar (Sugar, Carnauba Wax) CONTAINS: Eggs, Milk, Soy, Wheat
Almond Poppy Seed Muffin	Sugar, Bleached Enriched Wheat Flour(Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Modified Food Starch, Dried Whey, Palm Oil, Leavening,(Sodium Aluminum Phosphate, Sodium Bicarbonate), Emulsifier Blend (Propylene, Glicol Mono Ester, Soybean Oil, Mono and Diglycerides, Lecithin, BHA, Citric Acid), Wheat Gluten, Salt, Artificial Flavor, Sodium Stearoyl Lactylat, Whole Egg, soybean oil, Water, Sliced Almonds, Poppy Seed, Almond Extract. CONTAINS: Eggs, Milk, Nuts, Soy, Wheat
Raspberry Dessert Scone	Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, rivo flavin and folic acid), raspberries, buttermilk(milk), sugar, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, artificialy colored with beta-carotene , vitamin A palmitate added), butter (milk [cream]), crystal sugar (sugar, carnauba wax), baking powder, sea salt, water CONTAINS: Milk, Soy, Wheat
Lemon Poppy Seed Ginger Scone	Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, rivo flavin and folic acid), Buttermilk Lowfat, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Sugar Granulated, Crystallized Ginger (Ginger Roots, Cane Sugar), cane sugar, corn starch, Leavening Agents, Baking Powder, Poppy Seed, Water, Baking Soda, corn syrup, lemon oil, Salt CONTAINS: Milk, Soy, Wheat
Chocolate Hazelnut Scone	Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Heavy Cream (Milk), Margarine (Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate [Preservative], Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate), Sugar, Eggs, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (an emulsifier), Vanilla), Hazelnuts, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Cane Sugar, Natural Flavor, Extractives From Whole Madagascar Vanilla Beans), Sea Salt, Cocoa Powder (High Fat Cocoa Processed With Potassium Carbonate). Contains: Egg, Hazelnuts, Milk, Soy, Wheat
Pumpkin Scone	Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Buttermilk Lowfat, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, pumpkin, Sugar Granulated, cane sugar, corn starch, Butter, sugar, water, high fructose corn syrup, corn syrup, vegetable shortening (palm oil), soy oil, artificial color, agar, potassium sorbate (preservative), soy lecithin, salt, natural and artificial flavor, citric acid, mono and diglycerides, locust bean gum., heavy cream, Leavening Agents, Baking Powder., Vanilla Extract, Baking Soda, Ginger, Cinnamon, Spices, Cloves, Ground, Nutmeg, Allspice, Sugar, Orange Juice Concentrate, Glucose Syrup, Modified Waxy Maize Starch, Acidifier (citric acid), Flavour (blood oranges), thickening agent (locust bean gum, guar gum), colour (paprika extract), Gelling Agent (Pectin), Salt. CONTAINS: Milk, Soy, Wheat
Butter Croissant	Milk, 2% Milkfat., Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), wheat flour, Vitamin C (Ascorbic Acid added as a dough conditioner), Enzyme (added for improved baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Butter, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Egg Whole, fresh yeast, Sugar Granulated, pastry flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Wheat Flour, Datem, Dextrose, Soybean oil, Ascorbic Acid, Enzyme. CONTAINS: Eggs, Milk, Soy, Wheat

Almond Croissant	Milk, 2% Milkfat,, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), wheat flour, Vitamin C (Ascorbic Acid added as a dough conditioner), Enzyme (added for improved baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Butter, Almond paste (almonds, sugar, water, potassium sorbate (preservative), natural and artificial flavor),. palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Egg Whole, Sliced Almonds, cane sugar, corn starch, fresh yeast, Sugar Granulated, pastry flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Wheat Flour, Datem, Dextrose, Soybean oil, Ascorbic Acid, Enzyme. CONTAINS: Eggs, Milk, Almonds, Soy, Wheat
Chocolate Croissant	Milk, 2% Milkfat,, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), wheat flour, Vitamin C (Ascorbic Acid added as a dough conditioner), Enzyme (added for improved baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Butter, Sugar, chocolate liquor, cocoa butter, anhydrous dextrose, soy lecithin (an emulsifier), and vanilla., palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Egg Whole, fresh yeast, Sugar Granulated, pastry flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Wheat Flour, Datem, Dextrose, Soybean oil, Ascorbic Acid, Enzyme. CONTAINS: Eggs, Milk, Soy, Wheat
Banana Walnut Bread	Banana, Sugar Granulated, Brown sugar (invert sugar and cane molasses), Whole Wheat Flour, wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, rivo flavin and folic acid), Butter, Egg Whole, Applesauce (apples and water), walnut, Vanilla Extract, Baking Soda, Salt CONTAINS: Eggs, Nuts, Wheat
Carrot Zucchini Bread	Carrot, Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Canola oil, Sugar, Eggs (pasteurized), Brown sugar (sugar, invert sugar and cane molasses), Zucchini, Raisins, Nuts (walnuts and/or pecans), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sodium bicarbonate, Sea Salt, Cinnamon. CONTAINS: Egg, tree nuts (walnuts/pecans)
Cinnamon Coffee Cake	Wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, rivo flavin and folic acid), Sugar Granulated, Buttermilk Lowfat, Soybean oil, Brown sugar (invert sugar and cane molasses), Egg Whole, Baking Soda, Vanilla Extract, Leavening Agents, Baking Powder., Sea salt, Cinnamon CONTAINS: Eggs, Milk, Wheat
Cinnamon Roll	Wheat Flour (Unbleached Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Riboflavin, Folic Acid, Enzyme Added For Improved Baking), Water, Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate (Preservatives), Artificial Flavor, Beta-Carotene (Coloring) And Vitamin A Palmitate Added, Cane Sugar, Corn Starch, Egg Whole, Raisins, Sugar Granulated, Butter, Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers [Xanthan And/Or Carob Bean Gum And/Or Guar Gum]), Brown Sugar (Invert Sugar And Cane Molasses), Invert Sugar, Fresh Yeast, Corn Syrup, Cinnamon, Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Salt, Wheat Flour, Datem, Dextrose, Soybean Oil, Ascorbic Acid, Enzyme. Contains: Eggs, Milk, Soy, Wheat.
Merendine Bun	Milk, 2% Milkfat, Wheat Flour (Unbleached Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Riboflavin, Folic Acid, Enzyme Added For Improved Baking), Wheat Flour, Vitamin C (Ascorbic Acid Added As A Dough Conditioner), Enzyme (Added For Improved Baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Butter, Sugar Granulated, Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate (Preservatives), Artificial Flavor, Beta-Carotene (Coloring) And Vitamin A Palmitate Added, Cane Sugar, Corn Starch, Fresh Yeast, Pastry Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Vanilla Extract, Wheat Flour, Datem, Dextrose, Soybean Oil, Ascorbic Acid, Enzyme. Contains: Milk, Soy, Wheat.
Marionberry Cream Cheese Cup	Wheat Flour (Unbleached Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme Added For Improved Baking), Margarine (Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate (Preservatives), Artificial Flavor, Artificially Colored With Beta-Carotene , Vitamin A Palmitate Added), Pastry Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Cream Cheese (Milk, Cream, Cheese Culture, Salt, Carob Bean Gum), Modified Food Starch, Palm Oil, Salt, Lactic Acid, Titanium Dioxide (Color), Potassium Sorbate (Preservative), Natural Flavor, Mono-And Diglycerides., Blackberries, Water, High Fructose Syrup, Sugar, Modified Food Starch, Natural And Artificial Flavors, Sodium Citrate, Salt, Sodium Benzoate, (Preservative), Potassium Sorbate (Preservative), Citric Acid And FD&C Blue 1, Milk, 2% Milkfat,, Butter (Milk [Cream]), Powder Sugar (Cane Sugar, Corn Starch), Water, Water, Glucose Syrup, Sugar, Pectin E440, Carageenan, Citric Acid E330, Sodium Citrate E331, Potassium Sorbate E202, Sugar, Eggs, Fresh Yeast, Dough Improver (Vegetable Gums (Gum Arabic And/Or Guar Gum), Wheat Flour, Enzymes), Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Rivo flavin And Folic Acid), Invert Sugar, Sea Salt, Corn Syrup, Dough Conditioner (Wheat Flour, Dextrose, Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides). CONTAINS: Egg, Milk, Soy, Wheat
Oatmeal Raisin Cookie	Raisins, Brown sugar (invert sugar and cane molasses), Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, rivo flavin and folic acid), rolled oats, Sugar Granulated, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Butter, Whole Egg, Coconut (with Sodium Metabisulfite to Retains Freshness), Baking Soda, Leavening Agents, Baking Powder, Vanilla Extract, Salt CONTAINS: Eggs, Soy, Wheat
Chocolate Chip Cookie	Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Butter (Milk [Cream]), Granulated Sugar, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (an emulsifier), Vanilla), Sucrose (Brown Sugar), Pastry Flour (Wheat Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Fresh Whole Eggs, Baking Soda (Sodium Bicarbonate), Sea Salt, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives). CONTAINS: Egg, Milk, Soy, Wheat
Iced Shortbread Cookie	Vanilla Icing (Sugar, Corn Syrup, Water, Vegetable Shortening [Palm Oil], Contains 2% Or Less Of Each Of The Following: Mono And Diglycerides, Titanium Dioxide [Color], Salt, Propyl Paraben, Natural And Artificial Flavor), Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream [Milk], Natural Flavor), Powdered Sugar (Sugar, Corn Starch), Food Colorings, Vanilla Extract. CONTAINS: Milk, Wheat