

Artisan Baked Goods Nutritional Information (Illinois)

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.

Serving Size (g)
Calories
Calories from Fat (g)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carbohydrates (g)
Fiber (g)
Sugars (g)
Protein (g)
bakery

Muffins:

Blueberry Lemon Muffin	178	460	130	14	8	0	85	530	75	1	34	9	Troubadour
Coffee Cake Muffin	175	690	300	33	20	0	135	250	94	2	60	7	Troubadour
Honey Bran Quinoa Muffin (good source of protein & high in fiber)	184	400	80	9	1.5	0	50	330	78	10	36	9	Troubadour

Scones:

Blueberry Lemon Scone	125	440	180	20	12	0	100	470	57	2	14	9	Troubadour
Lemon Lavender Scone	133	570	280	31	18	0	140	530	63	2	17	10	Troubadour
Raspberry Scone	123	430	180	20	12	0	105	480	52	2	10	9	Troubadour

Croissants:

Almond Croissant	141	520	280	31	16	1	120	330	51	2	19	9	Troubadour
Butter Croissant	80	300	160	17	10	1	45	280	30	1	5	5	Troubadour
Chocolate Croissant	110	430	270	30	18	1	65	310	39	5	5	9	Troubadour
Nueske's Ham & Cheese Croissant	130	410	210	24	14	1	95	500	33	1	5	15	Troubadour

Bagel/ Rolls:

Everything Bagel	130	310	10	1	0	0	0	480	62	2	4	11	Troubadour
Plain Bagel	128	310	10	1	0	0	0	480	62	2	4	11	Troubadour

Bagel & Cream Cheese

Everything Bagel & Cream Cheese	160	380	60	7	3.5	0	15	600	63	2	5	13	Troubadour
Plain Bagel & Cream Cheese	158	380	60	7	3.5	0	15	600	63	2	5	13	Troubadour

Danish:

Peet's Chocolate Hazelnut Tart	110	520	300	34	23	0	75	190	50	3	22	7	Troubadour
Cherry & Cream Cheese Danish	124	370	170	19	11	0.5	50	280	43	2	16	6	Troubadour
Cinnamon Roll	213	750	200	23	13	0	135	460	130	2	90	10	Troubadour
Morning Bun	116	420	190	22	13	1	50	340	52	1	20	6	Troubadour
Kouign Amann Tart ("Queen Ah-Mon")	119	410	200	23	14	1	65	330	46	1	19	7	Troubadour

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Calories
Calories from Fat (g)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carbohydrates (g)
Fiber (g)
Sugars (g)
Protein (g)
bakery

Sweet Breads:

Banana Walnut Bread	165	490	190	21	2	0	65	290	70	3	39	9	Troubadour
Zucchini Bread	151	500	190	21	2	0	80	340	70	2	40	8	Troubadour

Cookies:

Chocolate Chip Cookie	100	480	210	24	10	0	50	350	67	5	45	5	Troubadour
Gingersnap Cookie	105	440	150	16	10	0	80	370	67	1	33	6	Troubadour
Oatmeal Raisin Cookie	104	440	160	17	10	0	75	230	67	3	36	7	Troubadour
Snickerdoodle Cookie	116	540	230	25	15	0	105	200	72	1	43	6	Troubadour
Peanut Butter & Oatmeal Cookie (Made without Wheat)	113	510	270	30	8	0	75	340	54	5	43	15	Troubadour

Dessert Bars:

Brownie	142	600	350	39	23	0	185	70	64	4	48	8	Troubadour
Sesame Nut Bar (Made without Wheat)	101	490	300	34	7	0	0	115	42	7	25	14	Troubadour
Cranberry Date Crumble Bar	161	490	150	17	10	0	40	200	80	6	46	6	Troubadour

Cream Cheese:

Cream Cheese	30	70	50	6	3.5	0	15	115	1	0	1	2	Smithfield
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Artisan Baked Goods Ingredients (Illinois)

Muffins:

- Blueberry Lemon Muffin
Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Buttermilk (Cultured Lowfat Milk, Salt, Natural Flavorings) (Milk), Sugar, Blueberries, Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt, Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor, Cinnamon, Baking Soda. Contains: Wheat, Milk, Eggs.
- Coffee Cake Muffin
Brown Sugar (Sugar, Molasses), Unsalted Butter (Cream, Natural Flavorings) (Milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Sour Cream (Cultured Sour Cream (Nonfat Milk, Cream, Whey, Modified Cornstarch, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum, Cultures), Potassium Sorbate As Preservative) (Milk), Sugar, Pastry Flour (Wheat), Eggs (Egg), Cinnamon, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt, Ground Nutmeg, Cardamom. Contains: Wheat, Eggs And Milk.
- Honey Bran Quinoa Muffin (good source of protein & high in fiber)
Whole Wheat Flour (Wheat), Milk (Milk), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Honey, Molasses, Eggs (Egg), Applesauce Unsweetened, Wheat Bran (Wheat), Quinoa, Canola Oil, Water, Rolled Oats (Wheat), Orange Juice From Concentrate, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Baking Soda, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Cinnamon, Salt. Contains: Egg, Milk And Wheat.

Scones:

- Blueberry Lemon Scone
Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Heavy Cream (Cream, Carrageenan) (Milk), Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Blueberries, Dried Blueberries (Blueberries, Glycerol, Safflower Oil, Citric Acid, Calcium Lactate, Potassium Sorbate, Natural Blueberry Flavor), Sugar, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Coarse Grain Sugar (Sugar, Carnauba Wax), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (Preservative), Sodium Benzoate (Preservative), Lemon Oil), Salt, Lemon Extract, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor. Contains: Wheat, Milk, Eggs.
- Lemon Lavender Scone
Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Heavy Cream (cream, carrageenan) (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Powdered sugar (Granulated sugar, Cornstarch), Sugar, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Milk (milk), Poppyseeds, Culinary Lavender, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt, Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor). Contains: Milk, Eggs, and Wheat
- Raspberry Scone
Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Heavy Cream (Cream, Carrageenan) (Milk), Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Red Raspberries, Sugar, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Coarse Grain Sugar (Sugar, Carnauba Wax), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt. Contains: Egg, Milk And Wheat.

Artisan Baked Goods Ingredients (Illinois)

Croissants:

Almond Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Water, Sugar, Eggs (Egg), Milk (Milk), Unsalted Butter (Cream, Natural Flavorings) (Milk), Almonds (Tree Nuts), Almond Paste (Almonds, Sugar, Water, Potassium Sorbate (Preservative), Natural And Artificial Flavor) (Tree Nuts), Bleached Wheat Flour (Wheat), Honey, Powdered Sugar (Granulated Sugar, Cornstarch), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Egg Yolks (Egg), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Almond Extract (Tree Nuts), Rum, Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy, Tree Nuts(Almonds) And Wheat.
Butter Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Milk (Milk), Water, Sugar, Honey, Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Eggs (Egg), Egg Yolks (Egg), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat.
Chocolate Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Cocoa Batons (Sugar, Unsweetened Chocolate, Cocoa Fat, Soy Lecithin, Vanillin) (Milk), Eurobutter Sheet (Cream) (Milk), Milk (Milk), Water, Sugar, Eggs (Egg), Honey, Egg Yolks (Egg), Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soybeans And Wheat.
Nueske's Ham & Cheese Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Ham(Pork Hams, Water, Honey, Sea Salt, Nmaple Syrup, Turbinado Sugar, Celery Powder, Natural Flavor, Lauric Acid Started Culture), Eurobutter Sheet (Cream) (Milk), Swiss Cheese (Milk), Milk (Milk), Water, Sugar, Eggs (Egg), Honey, Egg Yolks (Egg), Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat.

Bagel/ Rolls:

Everything Bagel	Flour (Unbleached Spring Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) (Wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (Malted Barley, Water) (Wheat), Salt, Onion, Poppyseeds, Sesame Seeds, Malted Barley Flour (Wheat), Kosher Salt (Salt, Yellow Prussiate Of Soda), Caraway Seeds, Yeast, Garlic. Contains: Wheat.
Plain Bagel	Flour (Unbleached Spring Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) (Wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (Malted Barley, Water) (Wheat), Salt, Malted Barley Flour (Wheat), Yeast. Contains: Wheat.

Bagel & Cream Cheese

Everything Bagel & Cream Cheese	Bagel: Flour (Unbleached Spring Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) (Wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (Malted Barley, Water) (Wheat), Salt, Onion, Poppyseeds, Sesame Seeds, Malted Barley Flour (Wheat), Kosher Salt (Salt, Yellow Prussiate Of Soda), Caraway Seeds, Yeast, Garlic. Cream Cheese: Pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums) whey, sugar, salt, potassium sorbate (to protect freshness). Contains: Wheat, Milk
Plain Bagel & Cream Cheese	Bagel: Flour (Unbleached Spring Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) (Wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (Malted Barley, Water) (Wheat), Salt, Malted Barley Flour (Wheat), Yeast. Cream Cheese: Pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums) whey, sugar, salt, potassium sorbate (to protect freshness). Contains: Wheat, Milk.

Artisan Baked Goods Ingredients (Illinois)

Danish:

Peet's Chocolate Hazelnut Tart	Nutella (beet sugar and/or refined cane sugar, palm oil, hazelnuts, cocoa, skimmed milk powder, whey powder, lecithin, vanillin) (milk, soybeans, tree nuts), Unsalted Butter (Cream, Natural Flavorings) (milk), Pastry Flour (wheat), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Coating Chocolate (sugar, hydrogenated palm kernel oil, cocoa powder, emulsifier (sunflower lecithin, sorbitan tristearate), natural vanilla flavor), Powdered sugar (Granulated sugar, Cornstarch), Eggs (egg), Water, Salt. Contains: Egg, Milk, Soy, Tree Nuts, and Wheat
Cherry & Cream Cheese Danish	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Cherries, Sugar, Water, Eurobutter Sheet (Cream) (Milk), Water, Milk (Milk), Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers (Carob Bean And Or Xanthan And/Or Guar Gums.)) (Milk), Apricot Glaze (Glucose Syrup, Water, Sugar, Apricot, Gelling Agent (Pectin(E440)), Acid (Citric Acid (E330)), Flavouring, Preservative (Potassium Sorbate (E202)), Colour (Paprika Extract (E160c)), Carrot Extract), Sugar, Powdered Sugar (Granulated Sugar, Cornstarch), Clearjel (Cornstarch, Water), Honey, Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat.
Cinnamon Roll	Powdered Sugar (Granulated Sugar, Cornstarch), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Milk (Milk), Sugar, Water, Brown Sugar (Sugar, Molasses), Canola Oil, Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Salt, Bleached Wheat Flour (Wheat), Cornstarch, Cinnamon, Yeast (Sorbitan Monostearate, Ascorbic Acid), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives). Contains: Egg, Milk, Soybeans And Wheat.
Morning Bun	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Sugar, Milk (Milk), Water, Brown Sugar (Sugar, Molasses), Oranges, Honey, Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Cinnamon, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Milk, Soy And Wheat.
Kouign Amann Tart ("Queen Ah-Mon")	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Sugar, Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers (Carob Bean And Or Xanthan And/Or Guar Gums.)) (Milk), Milk (Milk), Water, Blueberries, Eggs (Egg), Honey, Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, Sugar), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat

Sweet Breads:

Banana Walnut Bread	Bananas, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Sugar, Eggs (Egg), Canola Oil, Brown Sugar (Sugar, Molasses), Walnuts (Tree Nuts), Buttermilk (Cultured Lowfat Milk, Salt, Natural Flavorings) (Milk), Baking Soda, Salt, Cinnamon, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives). Contains: Egg, Milk, Tree Nuts And Wheat.
Zucchini Bread	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Zucchini, Sugar, Eggs (Egg), Canola Oil, Pineapple (Pineapple, Pineapple Juice), Brown Sugar (Sugar, Molasses), Baking Soda, Salt, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Cinnamon, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Ground Nutmeg. Contains: Egg And Wheat.

Artisan Baked Goods Ingredients (Illinois)

Cookies:

Chocolate Chip Cookie	Chocolate Chips (Chocolate Liquor, Sugar, Soy Lecithin, Vanillin) (Soybeans), Brown Sugar (Sugar, Molasses), Whole Wheat Flour (Wheat), Sugar, Organic Barley Flour (Wheat), Unsalted Butter (Cream, Natural Flavorings) (Milk), Canola Oil, Eggs (Egg), Honey, Apple Cider Vinegar, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt, Baking Soda. Contains: Soy, Wheat, Milk, Eggs.
Gingersnap Cookie	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Unsalted Butter (Cream, Natural Flavorings) (Milk), Sugar, Molasses, Eggs (Egg), Brown Sugar (Sugar, Molasses), Coarse Grain Sugar (Sugar, Carnauba Wax), Baking Soda, Ground Ginger, Cinnamon, Ground Cloves, Salt, Ground Nutmeg. Contains: Wheat, Milk, Eggs.
Oatmeal Raisin Cookie	Midget Raisins, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Rolled Oats (Wheat), Unsalted Butter (Cream, Natural Flavorings) (Milk), Brown Sugar (Sugar, Molasses), Eggs (Egg), Sugar, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Baking Soda, Salt, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Cinnamon, Ground Nutmeg. Contains: Wheat, Milk, Eggs.
Snickerdoodle Cookie	Sugar, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Brown Sugar (Sugar, Molasses), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Salt, Cinnamon, Ground Nutmeg
Peanut Butter & Oatmeal Cookie (Made without Wheat)	Peanuts (Peanuts), Sugar, Eggs (Egg), Chocolate Chips (Chocolate Liquor, Sugar, Soy Lecithin, Vanillin) (Soybeans), Rolled Oats (Wheat), Brown Sugar (Sugar, Molasses), Baking Soda, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives). Contains: Peanuts, Eggs And Soy.

Dessert Bars:

Brownie	Sugar, Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Unsweetened Chocolate (Chocolate Liquor), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt, Cinnamon. Contains: Milk, Eggs And Wheat.
Sesame Nut Bar (Made without Wheat)	Sesame Seeds, Honey, Golden Raisins Treated With Sulphur Dioxide Gas (Sulphites), Spanish Peanuts (Peanuts), Sunflower Seeds, Cashews (Tree Nuts), Sweetened Coconut (Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite) (Tree Nuts), Peanut Butter (Peanuts) (Peanuts), Molasses, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt. Contains: Peanuts, Cashews And Coconut.
Cranberry Date Crumble Bar	Cranberries, Dates (Dextrose, Sunflower Oil), Rolled Oats (Wheat), Brown Sugar (Sugar, Molasses), Unsalted Butter (Cream, Natural Flavorings) (Milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Powdered Sugar (Granulated Sugar, Cornstarch), Whole Wheat Flour (Wheat), Water, Orange Juice From Concentrate, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt, Baking Soda. Contains: Milk, Wheat.

Cream Cheese:

Cream Cheese	Pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums) whey, sugar, salt, potassium sorbate (to protect freshness). Contains Milk
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