

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.

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

Scones:

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

Croissants:

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

Danish:

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

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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 Bread	142	500	200	23	2	0	60	620	70	2	44	6	SLO Baked
Pumpkin Bread	142	490	190	22	1.5	0	30	230	70	2	43	5	SLO Baked
Zucchini Bread	142	440	160	18	1.5	0	20	250	63	2	31	6	SLO Baked

Cookies:

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

Dessert Bars:

Chewy Fruit Bar (low fat)	92	330	80	9	5	0	55	320	60	2	40	5	SLO Baked
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Artisan Baked Goods Ingredients (SLO)

Muffins:

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:

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:

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:

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:

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:

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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