

Artisan Baked Goods Nutritional Information (Seattle)

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:

Almond Poppy Seed Muffin	142	530	260	28	4	0	95	460	58	4	28	10	Pink's (Marsee Baking)
Blackberry Cobbler Muffin	142	450	190	22	4	0	90	390	60	2	24	8	Pink's (Marsee Baking)
Blueberry Cream Cheese Muffin	142	460	200	22	6	0	90	460	58	2	32	6	Pink's (Marsee Baking)
Fruit Sweetened Blueberry Bran Muffin	128	370	100	12	1	0	0	830	63	6	5	8	Pink's (Marsee Baking)
Honey Apple Bran Muffin	142	460	120	14	4	0	30	580	68	8	38	8	Pink's (Marsee Baking)
Pumpkin Cream Cheese Muffin	142	440	200	24	5	0	80	400	54	2	36	6	Pink's (Marsee Baking)

Scones:

Oregon Marionberry	128	420	160	18	12	0	70	380	58	0	16	6	Pink's (Marsee Baking)
Blueberry Dessert Scone	128	400	120	14	7	0	20	440	60	2	22	6	Pink's (Marsee Baking)
Glazed Orange Currant Scone	128	460	160	18	9	0	50	420	66	2	28	6	Pink's (Marsee Baking)
Power Scone	142	460	160	18	10	0	60	340	66	6	20	10	Pink's (Marsee Baking)
Raspberry Dessert Scone Scone	120	350	110	12	6	0	15	510	55	0	21	6	Pink's (Marsee Baking)

Croissants:

Almond Croissant	141	510	240	26	12	0	60	360	61	3	35	7	Pink's (Marsee Baking)
Butter Croissant	79	270	130	15	10	0	50	300	28	2	4	5	Pink's (Marsee Baking)
Chocolate Croissant	79	280	140	16	10	0	45	270	30	2	9	5	Pink's (Marsee Baking)

Bagel/ Rolls:

8 Grain Bagel	150	430	25	3	0	0	0	770	85	3	16	15	Pink's (Marsee Baking)
Bagel	128	370	15	1.5	0	0	0	780	75	2	0	13	Pink's (Marsee Baking)
Pesto Pan Tomato Roll	136	360	120	14	3	0	10	660	42	2	2	14	Pink's (Marsee Baking)

Bagel & Cream Cheese:

8 Grain Bagel & Cream Cheese	178	500	80	9	4	0	20	870	87	3	18	16	Pink's (Marsee Baking)
Bagel & Cream Cheese	156	440	70	8	4	0	20	880	77	2	2	14	Pink's (Marsee Baking)

Danish:

Cinnamon Roll	134	460	140	16	6	0	30	520	70	2	32	8	Pink's (Marsee Baking)
Almond Date Bear Claw	142	380	60	7	1	0	30	380	70	4	24	10	Pink's (Marsee Baking)
Blueberry Danish	108	260	120	14	8	0	30	300	44	2	18	6	Pink's (Marsee Baking)
Cheese Danish	108	260	140	16	10	0	40	340	48	2	26	6	Pink's (Marsee Baking)

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

Sweet Breads:

Banana Walnut Bread	85	250	50	6	3.5	0	30	115	40	2	27	4	Pink's (Marsee Baking)
Zesty Lemon Bread	85	310	130	14	1.5	0	45	310	42	0	26	4	Pink's (Marsee Baking)
Cranberry Orange Bread	85	290	100	11	1	0	45	260	42	1	22	4	Pink's (Marsee Baking)
Double Dark Chocolate Bread	85	300	140	15	2.5	0	40	210	39	2	23	5	Pink's (Marsee Baking)
Carrot Zucchini Bread	85	290	130	15	1	0	35	200	34	1	21	4	Pink's (Marsee Baking)
Pumpkin Bread	85	240	60	7	0.5	0	25	170	43	2	28	3	Pink's (Marsee Baking)

Cookies:

Chocolate Chunk Cookie	86	360	140	16	7	0	20	200	54	0	36	4	Pink's (Marsee Baking)
Molasses Ginger Cookie	86	340	100	10	5	0	30	440	54	2	28	4	Pink's (Marsee Baking)
Oatmeal Raisin Cookie	86	360	140	14	6	0	10	340	54	4	28	6	Pink's (Marsee Baking)
Peanut Butter Cookie	86	420	220	26	8	0	20	400	42	2	26	8	Pink's (Marsee Baking)
Pink Uncle Seth's Cookie	92	400	160	18	10	0	50	50	56	1	34	4	Pink's (Marsee Baking)
Snickerdoodle Cookie	86	360	130	14	8	0	70	80	54	2	30	4	Pink's (Marsee Baking)

Dessert Bars:

Cream Cheese Brownie	142	570	270	32	14	0	130	240	70	4	52	8	Pink's (Marsee Baking)
Raspberry Cream Cheese Brownie	142	550	260	28	12	0	154	75	70	4	50	8	Pink's (Marsee Baking)

Cakes:

Sour Cream Coffee Cake	142	520	220	26	4	0	80	420	66	2	40	6	Pink's (Marsee Baking)
------------------------	-----	-----	-----	----	---	---	----	-----	----	---	----	---	------------------------

Cream Cheese:

Cream Cheese	28	70	50	6	4	0	20	100	2	0	2	1	Schreiber
--------------	----	----	----	---	---	---	----	-----	---	---	---	---	-----------

Artisan Baked Goods Ingredients (Seattle)

Muffins:

- Almond Poppy Seed Muffin
Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol, mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, water, eggs (pasteurized), canola oil, sliced almonds, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), poppy seeds, almond emulsion (water, propylene glycol, artificial flavor, xanthan gum, propylene glycol alginate, guar gum, mono- & diglycerides, preservatives (propyl gallate, citric acid), sodium bicarbonate. Allergens: Contains milk, egg, tree nuts (almonds), wheat, soy.
- Blackberry Cobbler Muffin
Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, marionberries, water, eggs (pasteurized), canola oil, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid, sodium bicarbonate, cinnamon. Allergens: Contains milk, egg, wheat, soy.
- Blueberry Cream Cheese Muffin
Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey(milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, water, eggs (pasteurized), canola oil, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), blueberries, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum) powdered sugar (sugar, cornstarch) trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, natural vanilla flavor (natural flavors, water, alcohol, glycerin), sodium bicarbonate, lemon juice. Allergens: Contains milk, egg, wheat, soy.
- Fruit Sweetened Blueberry Bran Muffin
Organic brown rice syrup, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Pineapple, pineapple juice, Blueberries, Canola oil, Oat bran, Wheat bran, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sodium bicarbonate, Natural vanilla flavor (natural flavors, water, alcohol, glycerine), Salt, yellow Prussiate of Soda, Rolled oats, Cinnamon. Allergens: Contains wheat.
- Honey Apple Bran Muffin
Honey bran mix (bleached enriched wheat flour, (wheat flour, malted barley flour, enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, wheat bran, corn syrup solids, dried buttermilk, soybean oil), dry honey powder (honey, high fructose corn syrup, wheat starch, corn syrup, soy flour, calcium stearate, soy lecithin), sodium bicarbonate, dried eggs, dry malt powder (malted barley flour, dextrose, wheat flour), salt, silicon dioxide, caramel color), salt, caramel color (contains sulfites), water, nuts (walnuts and/or pecans), apples (erythorbic acid, citric acid, salt as preservatives), unsalted butter (milk), sugar, brown sugar (sugar, invert sugar and cane molasses), canola oil, honey, cinnamon, natural vanilla flavor (natural flavors, water, alcohol, glycerin), vinegar, water, sodium benzoate. Allergens: Contains milk, egg, tree nuts (walnuts/pecans), wheat, soy.
- Pumpkin Cream Cheese Muffin
Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten,salt, emulsifiers (Propylene glycol, mono- & diglycerides of fats and fatty acids, mono & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, Pumpkin, Eggs (pasteurized), Canola oil, Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Brown sugar (sugar, invert sugar and cane molasses), Water, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Unsalted butter (milk), Sugar, Pumpkin spice (cinnamon, nutmeg, ginger, cloves), Cinnamon, Natural vanilla flavor (natural flavors, water, alcohol, glycerin). Allergens: Contains milk, egg, wheat, soy.

Artisan Baked Goods Ingredients (Seattle)

Scones:

- Oregon Marionberry
Cream, flour (enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour (niacin, reduced iron, thiamine mononitrate, folic acid), sugar, crystal sugar(sugar, carnauba wax), marionberries, leavening agents, baking powder, marionberry flavor, salt. Contains milk, wheat.
- Blueberry Dessert Scone
Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), blueberries, buttermilk (cultured lowfat milk, fat free milk solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), sugar, unsalted butter (milk), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, polished white sugar, carnauba wax, water, aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate), eggs (pasteurized), salt, yellow Prussiate of Soda. Allergens: Contains milk, egg, wheat, soy.
- Glazed Orange Currant Scone
Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Nonfat milk (vitamin A palmitate & D3 added), Currants, Unsalted butter (milk), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), White glaze (sugar, water, corn syrup, stearic acid, agar, salt, potassium sorbate (preservative), guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavors), Eggs (pasteurized), Sugar, Powdered sugar (sugar, cornstarch), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Orange compound (sugar, orange juice of concentrate (25%), glucose syrup, modified waxy maize starch, acidifier (citric acid), flavor (blood oranges), thickening agent (locust bean gum, guar gum), color (paprika extract), gelling agent (pectin), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Orange juice, water, Sea Salt, Lemon juice, Orange zest, Orange extract (alcohol, orange oil, water). Allergens: Contains milk, egg, wheat, soy.
- Power Scone
Heavy whipping cream (milk), Whole wheat flour, Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Multigrain (Water, wheat sourdough, wheat grains, rye grains, oat grains, flax seed, rye sourdough, millet seed, teff seed, salt, preservative: potassium sorbate), Brown sugar (sugar, invert sugar and cane molasses), Dried cranberries (cranberries, sugar, sunflower oil), Apples (erythorbic acid, citric acid, salt as preservatives), Currants, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Brown flax seeds, Sunflower seeds, Sugar, Canola oil, Unsalted butter (milk), Margarine (palm oil, water, salt, mono- & diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Cinnamon, Sea Salt, Natural vanilla flavor (natural flavors, water, alcohol, glycerin). Allergens: Contains milk, wheat.
- Raspberry Dessert Scone 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, artificial 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

Croissants:

- Almond Croissant
Wheat Flour, water, butter (milk), sugar, yeast, wheat gluten, emulsifier (mono- & diglycerides), dough conditioner (ascorbic acid), enzymes, sugar, almond paste (blanched almonds, sugar, water, potassium sorbate (preservative), natural flavoring), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), water, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), powdered sugar (sugar, cornstarch), sliced almonds. Allergens: Contains milk, egg, tree nuts (almonds), wheat, soy.
- Butter Croissant
Wheat Flour, water, butter (milk), sugar, yeast, wheat gluten, emulsifier (mono- & diglycerides), dough conditioner (ascorbic acid), enzymes, eggs (pasteurized). Allergens: Contains milk, egg, wheat.
- Chocolate Croissant
Whole wheat flour, water, butter (milk), sweet chocolate (sugar, chocolate liquor, cocoa fat, emulsifier (soy lecithin), sugar, yeast, wheat gluten, salt, emulsifier (mono- & diglycerides, soy lecithin), stabilizer (xanthan gum), dough conditioner (ascorbic acid), enzymes, eggs (pasteurized). Allergens: Contains milk, egg, wheat, soy. May contain traces of tree nuts.

Artisan Baked Goods Ingredients (Seattle)

Bagel/ Rolls:

8 Grain Bagel	Wheat flour (wheat flour, unbleached, asorbic acid, lavin, niacin, folic acid), water, wheat flour (bleached wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), whole wheat flour, brown sugar, cane molasses, rolled oats, salt, wheat germ, wheat bran, sunflower seed, wwhole grain oats, soy beans, whole grain millets, whole grain barley, whole grain brown rice, bran flaxseed, whole grain wheat, fresh yeast, seasme seeds, dry malt, poppy seeds, natural enzymes. Contains: Wheat, Soy.
Bagel	Wheat flour (wheat flour, unbleached, asorbic acid, lavin, niacin, folic acid), water, brown sugar, dry malt, fresh yeast, natural enzymes. Contains: Wheat, Soy.
Pesto Pan Tomato Roll	Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), water, mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzymes and anti-caking agent (powdered cellulose, potato starch or corn starch), tomato, tomato juice, salt, calcium chloride and citric acid, canola oil, olive oil, pesto (basil, canola oil, water, parmesan cheese (pasteurized part skim cows' milk, cheese culture, salt, enzymes), granulated garlic, salt, salt, yellow Prussiate of Soda, yeast (saccharamlyces cerevisiae), sorbitan monostearate ascorbic acid, wheat flour, acetylated tartaric acid esters of mono- & diglycerides, dextrose, canola oil, ascorbic acid, enzymes, garlic powder, basil. Allergens: Contains milk, wheat.

Bagel & Cream Cheese:

8 Grain Bagel & Cream Cheese	Bagel: Wheat flour (wheat flour, unbleached, asorbic acid, lavin, niacin, folic acid), water, wheat flour (bleached wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), whole wheat flour, brown sugar, cane molasses, rolled oats, salt, wheat germ, wheat bran, sunflower seed, wwhole grain oats, soy beans, whole grain millets, whole grain barley, whole grain brown rice, bran flaxseed, whole grain wheat, fresh yeast, seasme seeds, dry malt, poppy seeds, natural enzymes. Contains: Wheat, Soy. Cream Cheese: Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Citric Acid, Carob Bean Gum, Xanthan Gum, Natamycin (A Natural Mold Inhibitor). Contains: Milk
Bagel & Cream Cheese	Bagel: Wheat flour (wheat flour, unbleached, asorbic acid, lavin, niacin, folic acid), water, brown sugar, dry malt, fresh yeast, natural enzymes. Contains: Wheat, Soy. Cream Cheese: Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Citric Acid, Carob Bean Gum, Xanthan Gum, Natamycin (A Natural Mold Inhibitor). Contains: Milk

Danish:

Cinnamon Roll	Trans fat free mix (unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, dextrose, dried egg yolks, defatted soy flour, salt, mono- & diglycerides, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), vital wheat gluten, cellulose gum, beta carotene (color)), Water, White glaze (sugar, maltodextrin), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Yeast, sorbititan monostearate, ascorbic acid, Corn syrup, Lemon juice, Natural & artificial flavors (dextrose, cornstarch, turmeric, apo carotenal, alcohol, vitamin E (contains milk ingredients)), Sea Salt, Unsalted butter (milk), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Cinnamon, Brown sugar (sugar, invert sugar and cane molasses). Allergens: Contains milk, egg, wheat, soy.
Almond Date Bear Claw	All natural danish mix (unbleached enriched wheat flour (wheat flour, malted barley flour, enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), dextrose, soybean, oil, sugar, emulsifiers (mono- & diglycerides, polyglycerol esters of fatty acids, rice starch), salt, dry whey (milk), leavening (sodium acid pyrophosphate, sodium bicarbonate), defatted soy flour, natural flavors, soybean lecithin, annatto (color), water, unsalted butter (milk), sliced almonds, dates, water, eggs (pasteurized), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, eggs (pasteurized), white string icing (sugar, water, corn starch, mono- & diglycerides, potassium sorbate (preservative), titanium dioxide (color), dextrose, agar agar, propylene glycol, citric acid, locust bean gum, natural and artificial flavors, heliotropine, hydrochloric acid sugar, yeast, sorbititan monostearate, ascorbic acid, salt, yellow Prussiate of Soda. Allergens: Contains milk, egg, tree nuts (almonds), wheat, soy.

Artisan Baked Goods Ingredients (Seattle)

Blueberry Danish

Blueberries, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Pastry Flour (unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Milk (with vitamin A Palmitate and Vitamin d3), Powdered sugar (sugar, cornstarch), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Margarine (palm oil, water, salt, mono- & diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Sugar, Water, Unsalted butter (milk), Eggs (pasteurized), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Shortening (vegetable gums (guar, arabic), wheat flour, soybean oil, enzymes), Yeast, sorbitan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Lemon juice, Conditioner (Wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzyme), Cinnamon. Contains Sulfites. Allergens: Contains eggs, milk, soy, wheat.

Cheese Danish

Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Powdered sugar (sugar, cornstarch), Pastry Flour (unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Milk (with vitamin A Palmitate and Vitamin d3), Margarine (palm oil, water, salt, mono- & diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), White string icing (sugar, water, corn starch, mono- & diglycerides, potassium sorbate (preservative), titanium dioxide (color), dextrose, agar agar, propylene glycol, citric acid, locust bean gum, natural and artificial flavors, heliotropine, hydrochloric acid, Water, Sugar, Eggs (pasteurized), Unsalted butter (milk), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium metabisulfite (preservative), paprika (color)), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Shortening (vegetable gums (guar, arabic), wheat flour, soybean oil, enzymes), Yeast, sorbitan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Lemon juice, Conditioner (Wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzyme). Contains Sulfites. Allergens: Contains eggs, milk, soy, wheat.

Sweet Breads:

Banana Walnut Bread

Banana puree (100% banana), Sugar, Brown sugar (sugar, invert sugar and cane molasses), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Whole wheat flour, Banana, Unsalted butter (milk), Eggs (pasteurized), Nuts (walnuts and/or pecans), Apples, water, erythorbic acid (to maintain color), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sodium bicarbonate, Salt, yellow Prussiate of Soda. Allergens: Contains egg, milk, tree nuts (walnuts/pecans), wheat.

Zesty Lemon Bread

Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor), Water, Eggs (pasteurized), Canola oil, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Icing (sugar, corn syrup, water, vegetable shortening (palm oil), contains 2% or less of the following: mono- and diglycerides, titanium dioxide (color), salt, propyl paraben, natural and artificial flavors), Powdered sugar (sugar, cornstarch), Natural oil of lemon with other natural flavors, Sodium bicarbonate, Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Unsalted butter (milk), Lemon juice. Contains: egg, milk, soy, wheat.

Cranberry Orange Bread

Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol mono & diglycerides of fats and fatty acids, mono & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, Eggs (pasteurized), Water, Canola oil, Dried cranberries (cranberries, sugar, sunflower oil), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Orange compound (sugar, orange juice of concentrate (25%), glucose syrup, modified waxy maize starch, acidifier (citric acid), flavor (blood oranges), thickening agent (locust bean gum, guar gum), color (paprika extract), gelling agent (pectin). Allergens: Contains egg, milk, soy, wheat.

Artisan Baked Goods Ingredients (Seattle)

Double Dark Chocolate Bread	Chocolate creme cake mix (sugar, bleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, cocoa (processed with alkali), modified food starch, dried whey (milk), leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), emulsifier blend (propylene glycol monoester, mono- & diglycerides, soy lecithin, BHT, citric acid), salt, wheat gluten, wheat starch, artificial flavor, cellulose gum, sodium stearoyl lactylate), Eggs (pasteurized), Water, Canola oil, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Sugar, Semi sweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin), Cocoa powder (processed with potassium carbonate), Sodium bicarbonate. Allergens: Contains egg, milk, soy, 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. Allergens: Contains egg, tree nuts (walnuts/pecans), wheat.
Pumpkin Bread	Brown sugar (sugar, invert sugar and cane molasses), Pumpkin, Pastry Flour (unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Eggs (pasteurized), Canola oil, Milk with vitamin A Palmitate and Vitamin D3, Raisins, Sodium bicarbonate, Cinnamon, Sea Salt, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Ginger, Nutmeg, Allspice. Contains milk, egg, wheat.
<u>Cookies:</u>	
Chocolate Chunk Cookie	Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Brown sugar (sugar, invert sugar and cane molasses), Sugar, Organic Oat Flour (Oats), Milk chocolate chips (sugar, cocoa butter, whole milk powder, unsweetened chocolate, soy lecithin (an emulsifier), natural vanilla extract), Dark chocolate (sugar, chocolate liquor, cocoa butter, soya lecithin), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Eggs (pasteurized), Unsalted butter (milk), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sodium bicarbonate, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sea Salt. Allergens: Contains milk, egg, wheat, soy.
Molasses Ginger Cookie	Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Brown sugar (sugar, invert sugar and cane molasses), Molasses (cane syrup), Unsalted butter (milk), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono and diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Eggs (pasteurized), Polished white sugar, carnauba wax, Sugar (numoline), Sodium bicarbonate, Cinnamon, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt, yellow Prussiate of Soda, Ginger, Clove. Allergens: Contains milk, egg, wheat, soy.
Oatmeal Raisin Cookie	Rollled oats, trans fat free shortening (palm oil), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), raisins, brown sugar (sugar, invert sugar and cane molasses), sugar, water, eggs (pasteurized), salt, yellow Prussiate of Soda natural vanilla flavor (natural flavors, water, alcohol, glycerin), sodium bicarbonate, cinnamon, nutmeg. Allergens: Contains egg, wheat.
Peanut Butter Cookie	Peanut Butter (peanuts, dextrose, fully hydrogenated cottonseed and rapeseed oil, salt), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), brown sugar (sugar, invert sugar and cane molasses), trans fat free shortening (palm oil), sugar, eggs (pasteurized), peanuts (dry roasted and granulated), sugar (numoline), sodium bicarbonate, salt, yellow Prussiate of Soda. Contains: egg, wheat, peanuts.
Pink Uncle Seth's Cookie	Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), powdered sugar (sugar, cornstarch), sugar, trans fat free shortening (palm oil), unsalted butter (milk), eggs (pasteurized), evaporated milk (dipotassium phosphate, carrageenan, vitamin D3), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate), cardamom, salt, yellow Prussiate of Soda, almond emulsion (water, propylene glycol, artificial flavor, xanthan gum, propylene glycol alginate, guar gum, mono- & diglycerides, preservatives (propyl gallate, citric acid), food coloring (water, propylene glycol, FD & C red #40, red #3 and yellow #6) . Allergens: Contains milk, egg, tree nuts (almonds), wheat.

Artisan Baked Goods Ingredients (Seattle)

Snickerdoodle Cookie

Sugar, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), unsalted butter (milk), eggs (pasteurized), angel cream (calcium sulfate, monocalcium phosphate, adipic acid, cornstarch), cinnamon, sodium bicarbonate, salt, yellow Prussiate of Soda . Allergens: Contains milk, egg, wheat.

Dessert Bars:

Cream Cheese Brownie

Sugar, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), unsalted butter (milk), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum) cocoa powder (processed with potassium carbonate), canola oil, powdered sugar (sugar, cornstarch) trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, natural vanilla flavor (natural flavors, water, alcohol, glycerin), salt, yellow Prussiate of Soda lemon juice. Allergens: Contains milk, egg, wheat, soy.

Raspberry Cream Cheese Brownie

Sugar, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), unsalted butter (milk), raspberry filling (high fructose corn syrup, water, raspberries, modified food starch, citric acid, preservatives (sodium benzoate, sodium propionate, potassium sorbate), sugar, locust bean gum, salt, , red #40, xanthan gum),b1, cocoa powder (processed with potassium carbonate), canola oil, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum) powdered sugar (sugar, cornstarch) natural vanilla flavor (natural flavors, water, alcohol, glycerin), salt, yellow Prussiate of Soda, trans fat free shortening (palm oil), lemon juice. Allergens: Contains milk, egg, wheat.

Cakes:

Sour Cream Coffee Cake

Cake mix (sugar, enriched wheat flour bleached (flour, niacin, reduced iron, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch, soy bean oil, dry whey, leavening (sodium aluminum phosphate, baking soda), salt, vital wheat gluten, propylene glycol mono- & diesters of fatty acids, mono- & diglycerides, sodium stearoyl lactylate, dextrose, cornstarch, triacalcium phosphate, natural and artificial flavoring, water, citric acid, alpha tocopherol as preservative, ascorbic acid (dough conditioner), egg, soy flour), eggs (pasteurized), canola oil, water, sour cream, (cultured milk & cream, whey, modified food starch, sodium phosphate, guar gum, carageenan, calcium sulphate and locust bean gum), brown sugar (sugar, invert sugar and cane molasses) sugar, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, rolled oats, natural vanilla flavor (natural flavors, water, alcohol, glycerin), cinnamon. Allergens: Contains milk, egg, wheat, soy.

Cream Cheese:

Cream Cheese

Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Citric Acid, Carob Bean Gum, Xanthan Gum, Natamycin (A Natural Mold Inhibitor).
Contains: Milk