

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.

	<i>Serving Size (g)</i>	<i>Calories</i>	<i>Calories from Fat (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
<u>Muffins:</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
Smart Muffin (vegan)	177	460	120	14	2	0	0	480	78	10	24	11
Cranberry Apple Multigrain Muffin (vegan & low fat)	177	320	20	2	0	0	0	490	75	11	36	8

<u>Scones:</u>												
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
Maple Walnut Scone	120	420	190	21	8	0	0	660	51	1	18	7
Oregon Marionberry Scone	142	470	170	19	12	0	70	640	67	1	21	6
Bacon & Cheddar Scone	108	440	220	24	13	0.5	60	640	46	1	12	12

<u>Croissants:</u>												
Butter Croissant	108	430	220	25	15	0.5	65	640	41	1	4	8
Chocolate Croissant	108	440	230	26	15	0.5	60	580	44	1	10	7
Almond Croissant	115	470	250	28	13	0.5	60	580	46	1	11	9

<u>Bagel/ Rolls:</u>												
Plain Bagel	120	340	10	1	0	0	0	660	71	2	8	11

<u>Bagel & Cream Cheese:</u>												
Plain Bagel & Cream Cheese	148	410	60	7	4	0	20	760	73	2	10	12

	<i>Serving Size (g)</i>	<i>Calories</i>	<i>Calories from Fat (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
<u>Danish:</u>												
Mini Pecan Sticky Bun with Walnut	43	160	90	10	4.5	0	20	60	17	1	4	2
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

<u>Sweet Breads:</u>												
Banana Walnut Bread	95	260	60	7	4	0	45	135	46	1	18	4
Carrot Zucchini Bread	85	190	45	5	1	0	45	240	33	1	13	4
Zesty Lemon Bread	85	240	70	8	2	0	60	270	40	0	26	3

<u>Cookies:</u>												
Snickerdoodle Cookie	113	470	160	18	10	0.5	85	100	71	0	35	7
Oatmeal Raisin Cookie	113	460	160	18	8	0	50	320	70	1	27	6
Gingersnap Cookie	113	480	190	22	11	0	45	500	66	2	35	6
Chocolate Chip Cookie	64	310	140	16	10	0	50	350	41	1	26	4

<u>Dessert Bars</u>												
Peanut Butter Chocolate Chip Bar (vegan)	142	630	250	27	6	0	0	400	91	3	50	9
Trail Mix Bar (vegan)	142	660	260	29	4.5	0	0	340	94	6	48	9
Triple Chocolate Fudge Bar (vegan)	142	540	140	16	4.5	0	0	300	99	4	65	6
Fruit Cobbler Bar (vegan)	177	660	170	19	3	0	0	680	115	3	52	10

<u>Cakes</u>												
Cinnamon Coffee Cake	136	350	40	4.5	1	0	30	480	72	0	34	6

<u>Cream Cheese:</u>												
Cream Cheese	28	70	50	6	4	0	20	100	2	0	2	1

Artisan Baked Goods Ingredients (Portland)

Muffins:

- 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, Gcol 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, Gcol 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
- Smart Muffin (vegan) Unbleached white flour, shredded carrots, raisins, OG soy milk, OG wheat bran, OG evaporated cane juice, rolled oats, banana, canola oil, unsweetened applesauce, OG raw agave syrup, egg replacer (potato starch, tapioca flour, leavening {calcium lactate[not dairy derived. does not contain lactose], calcium carbonate, citric acid}, cellulose gum, carbohydrate gum}, non-GMO baking powder, cinnamon, sea salt,lemon juice.
Contains: wheat, soy
- Cranberry Apple Multigrain Muffin (vegan & low fat) Unbleached white flour, evaporated apples, OG soy milk, OG wheat bran, OG evaporated cane juice, OG cornmeal, cranberries, rolled oats, banana, blackstrap molasses, canola oil, unsweetened applesauce, OG raw agave syrup, egg replacer (potato starch, tapioca flour, leavening {calcium lactate[not dairy derived. does not contain lactose], calcium carbonate, citric acid}, cellulose gum, carbohydrate gum}, non-GMO baking powder, turbinado sugar, cinnamon, sea salt,lemon juice. Contains: wheat, soy

Scones:

- Raspberry Dessert Scone Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, rivoiflavin and folic acid), raspberries, buttermilk(milk), sugar, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, artificially 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, rivoiflavin 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
- Maple Walnut Scone Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, rivoiflavin 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, Walnuts., cane sugar, corn starch, Water, Caramel Color (contains Sulfites), Natural and Artificial Flavors, Propylene Glycol, Sodium Benzoate, Sodium Propionate, and Potassium Sorbate (Preservatives), Leavening Agents, Baking Powder, Vanilla Extract, Water, Baking Soda, corn syrup, Salt CONTAINS: Milk, Nuts, Soy, Wheat
- Oregon Marionberry Scone Heavy Cream, Flour (Wheat Flour, Malted Barley Flour, Enriched (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid), Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Sugar Granulated, Crystal Sugar (Sugar, Carnauba Wax), Marionberries, Leavening Agents, Baking Powder, Marionberry Flavor, Salt. Contains: Milk, Wheat.
- Bacon & Cheddar Scone Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Half and Half (pasteurized homogenized milk, cream), Butter (cream [milk], lactic acid), Bacon (cured with: water, salt, sodium phosphate, honey, sodium erythorbate, flavoring, sodium nitrite), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Sugar, Scallions, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt, Cayenne Pepper. Contains: Wheat, Milk

Artisan Baked Goods Ingredients (Portland)

Croissants:

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

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

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

Bagel/ Rolls:

Plain Bagel Wheat flour (wheat flour, unbleached, asorbic acid, lavin, niacin, folic acid), water, brown sugar, dry malt, fresh yeast, natural enzymes. Contains: Wheat, Soy.

Bagel & Cream Cheese:

Plain 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:

Mini Pecan Sticky Bun with Walnut Butter, 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, Thiamine Mononitrate, Riboflavin, Folic Acid), Milk, 2% Milkfat,, Brown sugar (invert sugar and cane molasses), walnut, Pecans, Palm oil, Sugar, Dextrose, Soy oil, Mono and Diglycerides, DriedWwhole Eggs, 2% or less of: Sodium Stearoyl Lactylate (SSL),natural and artificial flavor, Guar Gum, Polysorbate 60, Xanthan Gum, Corn Flour, Enzymes, Beta Carotene (color), Honey, Water, Egg Whole, fresh yeast, Sugar Granulated, invert sugar, Wheat Flour, Datem, Dextrose, Soybean oil, Ascorbic Acid, Enzyme, Salt, Cinnamon. CONTAINS: Eggs, Milk, Nuts, Soy, 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.

Artisan Baked Goods Ingredients (Portland)

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, Dextrose, 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, Riboflavin 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

Sweet Breads:

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, riboflavin and folic acid), Butter, Egg Whole, Applesauce (apples and water), walnut, Vanilla Extract, Baking Soda, Salt CONTAINS: Eggs, Nuts, Wheat

Carrot Zucchini Bread

Carrots, soybean oil, wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Sugar Granulated, Egg Whole, Brown sugar (invert sugar and cane molasses), Zucchini, raisins, Walnuts., Baking Soda, Leavening Agents, Baking Powder., Salt, Cinnamon CONTAINS: Eggs, Nuts, Soy, Wheat

Zesty Lemon Bread

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 Glycol Mono Ester, Soybean Oil, Mono and Diglycerides, Lecithin, BHA, Citric Acid), Wheat Gluten, Salt, Artificial Flavor, Sodium Stearoyl Lactylate, Egg Whole, soybean oil, Water, cane sugar, corn starch, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers, (xanthan and/or carob bean gum and/or guar gum).), 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., palm oil, water, salt, and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Butter, lemon oil, Lemon Concentrate CONTAINS: Eggs, Milk, Soy, Wheat

Cookies:

Snickerdoodle Cookie

Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Sugar Granulated, Butter, Whole Egg, Vanilla Extract, Leavening Agents, Cream Of Tartar, Baking Soda, Cinnamon CONTAINS: Eggs, Wheat

Oatmeal Raisin Cookie

Raisins, Brown sugar (invert sugar and cane molasses), Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin 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

Artisan Baked Goods Ingredients (Portland)

Gingersnap Cookie Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Sugar Granulated, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Molasses, Butter, Whole Egg, Ginger, Cinnamon, Baking Soda, Salt. CONTAINS: Eggs, Soy, Wheat

Chocolate Chip Cookie Unbleached white flour, non-GMO baking soda, sea salt, white sugar, brown sugar, eggs, butter, vanilla and chocolate chips. Contains: wheat

Dessert Bars

Peanut Butter Chocolate Chip Bar (vegan) Unbleached white flour, OG evaporated cane juice, OG dark raw agave syrup, OG chocolate chips (OG chocolate liquor, OG cocoa butter, soy lecithin (as emulsifier), OG vanilla, may contain traces of milk), unsweetened peanut butter, canola oil, egg replacer (potato starch, tapioca flour, leavening {calcium lactate[not dairy derived. does not contain lactose], calcium carbonate, citric acid}, cellulose gum, carbohydrate gum), non-GMO baking powder, vanilla, sea salt. Contains: wheat, soy

Trail Mix Bar (vegan) Rolled oats, unbleached white flour, canola oil, raisins, OG dark raw agave syrup, unsweetened applesauce, molasses, OG evaporated cane juice, brown sugar, unsweetened coconut, ALMONDS,OG chocolate chips (OG chocolate liquor, OG cocoa butter, soy lecithin (as emulsifier), OG vanilla, may contain traces of milk), vanilla, cinnamon, non-GMO baking powder, baking soda and sea salt. Contains: wheat, almonds

Triple Chocolate Fudge Bar (vegan) OG evaporated cane juice, unbleached wheat flour, cocoa powder, canola oil, OG chocolate chips (OG chocolate liquor, OG cocoa butter, soy lecithin (as emulsifier), OG vanilla, may contain traces of milk),unsweetened applesauce, egg replacer (potato starch, tapioca flour, leavening {calcium lactate[not dairy derived. does not contain lactose], calcium carbonate, citric acid}, vanilla, non-GMO baking powder, non-GMO baking soda, cinnamon and sea salt. Contains: wheat

Fruit Cobbler Bar (vegan) Unbleached white flour, OG evaporated cane juice, canola oil, unsweetened applesauce, OG soy milk, water, egg replacer (potato starch, tapioca flour, leavening {calcium lactate [not dairy derived. does not contain lactose], calcium carbonate, citric acid}, cellulose gum, carbohydrate gum), non-GMO baking powder, vanilla, non-GMO baking soda, cinnamon, sea salt, nutmeg. fruit filling...strawberry rhubarb: strawberries, rhubarb and strawberry jam, egg replacer (potato starch, tapioca flour, leavening {calcium lactate[not dairy derived. does not contain lactose], calcium carbonate, citric acid}, cellulose gum, carbohydrate gum) Blackberry spice: blackberries, blackberry jam, cinnamon, ginger and cardamom. Peach blueberry: blueberries, peaches, peach jam and lemon juice. Contains: wheat, soy

Cakes

Cinnamon Coffee Cake Wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, rivoflavin 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

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