

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.

	<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 Oatmeal Muffin	170	540	200	23	4	0	25	370	82	7	38	7
Honey Bran Muffin	156	490	180	20	1	0	15	400	78	5	40	6
Lemon Blueberry Muffin	149	470	140	16	4	0	5	420	77	2	47	7

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

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

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

<u>Sweet Breads:</u>												
Banana Bread	142	500	200	23	2	0	60	620	70	2	44	6
Zucchini Bread	142	440	160	18	1.5	0	20	250	63	2	31	6

<u>Cookies:</u>												
Chocolate Chip Cookie	78	370	170	19	12	0	40	160	46	2	27	4
Chocolate Walnut Cookie	71	370	230	26	10	0	35	45	29	4	17	6
Oatmeal Raisin Cookie	71	260	70	8	4.5	0	40	160	45	2	23	5
Peanut Butter Cookie	78	340	140	16	5	0	35	430	44	2	28	7
Sugar Cookie	50	240	110	13	8	0	35	95	28	1	8	3
Vegan Swedish Dreams Cookie	106	500	260	29	9	0	0	170	56	2	27	6

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.

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

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