

Warm Breakfast Nutritional Information (Boston)

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. The following nutritional information is provided by our breakfast sandwich supplier and is intended only as an estimate. Peet's bears no responsibility for the accuracy of this information. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

<u>Warm Breakfast</u>	<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>
Turkey Sausage, Egg & Cheese	198	430	160	17	7	0	200	860	36	1	3	27
Bacon, Egg & Cheese	184	470	200	22	9	0	190	1040	36	1	3	26
Spinach & Egg White	142	140	15	1.5	0	0	0	280	21	3	1	10

WARM BREAKFAST	Ingredients
Turkey Sausage, Egg & Cheese	Unbleached Enriched Wheat Flour (Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Water, Farina, Yeast, Sugar, Salt, Soybean Oil, Preservatives (Calcium Propionate, Sorbic Acid), Grain Vinegar, Monoglycerides, Nonfat Milk, Soy Flour, Whey, Egg, Canola Oil, Soy Oil, Turkey, Spices, Canola Oil, Nitrites, Enzymes, Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Natural Smoke Flavor. Contains: Egg, Milk, Soy, Wheat.
Bacon, Egg & Cheese	Unbleached Enriched Wheat Flour (Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Water, Farina, Yeast, Sugar, Salt, Soybean Oil, Preservatives (Calcium Propionate, Sorbic Acid), Grain Vinegar, Monoglycerides, Nonfat Milk, Soy Flour, Whey, Egg, Canola Oil, Soy Oil, Pasteurized Milk, Cheese Culture, Salt, Enzymes, Natural Smoke Flavor, Pork, Salt, Spices, Nitrites, Enzymes. Contains: Egg, Milk, Soy, Wheat.
Spinach & Egg White	Whole Wheat Flour, Water, Farina, Wheat Gluten, Yeast, Salt, Calcium Propionate And Sorbic Acid (To Preserve Freshness), Sugar, Grain Vinegar, Sodium Stearoyl Lactylate, Natural Flavor (Contains Milk), Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Soy Lecithin, Soy, Sucralose, Whey (Milk), Egg Whites, Spinach, Onion, Soy Oil. Contains: Egg, Milk, Soy, Wheat.