

Artisan Baked Goods Nutritional Information (Colorado)

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.

	<u>Serving</u> <u>Size (g)</u>	<u>Calories</u>	<u>Calories</u> <u>from Fat</u>	<u>Total Fat</u> <u>(g)</u>	<u>Saturated</u> <u>Fat (g)</u>	<u>Trans Fat</u> <u>(g)</u>	<u>Cholesterol</u> <u>(mg)</u>	<u>Sodium</u> <u>(mg)</u>	<u>Total</u> <u>Carbohydr</u> <u>ates (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>
<u>Muffins:</u>												
Blueberry Lemon Streusel Muffin	105	370	160	18	10	0	120	190	48	2	21	7

<u>Scones:</u>												
Blueberry Maple Pecan Scone	135	450	170	19	10	0	30	170	59	3	13	8
Raspberry Almond Scone	135	450	170	19	10	0	30	170	59	3	12	8
Apple Cinnamon Scone	135	520	200	22	11	0	30	180	71	3	17	9

<u>Croissants:</u>												
Butter Croissant	80	360	190	21	13	0	60	420	35	2	5	5
Chocolate Croissant	90	430	230	25	16	0	60	420	44	3	12	6
Almond Croissant	90	430	250	27	17	0	75	430	40	2	8	6

<u>Danish:</u>												
Iced Cinnamon Bun	108	610	340	38	17	0	70	500	58	4	19	9

<u>Sweet Breads:</u>												
Banana Nut Bread	105	370	160	18	4	0	60	220	46	3	19	6
Zucchini Bread	105	350	140	16	4	0	65	260	48	1	24	5
Pumpkin Chocolate Chip Bread	105	400	150	16	5	0	50	125	59	2	39	5

<u>Cookies:</u>												
The "Old B" Cookie	106	500	270	31	16	0	60	240	53	5	27	7
Chocolate Chip Cookie	102	460	180	20	12	0	85	170	66	3	40	5

Artisan Baked Goods Ingredient Information (Boston)

Muffins:

Blueberry Lemon Streusel Muffin baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), lemon zest, baking soda.
Contains: MILK, EGGS, WHEAT

Scones:

Blueberry Maple Pecan Scone Unbleached wheat flour, salted butter (pasteurized cream, salt), sugar, blueberries, pecans, walnuts, maple syrup, milk, oats, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), natural flavoring. Contains: PECANS, WALNUTS, MILK, WHEAT

Raspberry Almond Scone Unbleached wheat flour, salted butter (pasteurized cream, salt), sugar, raspberries, almonds, honey, milk, oats, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), natural flavoring. Contains: ALMONDS, MILK, WHEAT

Apple Cinnamon Scone Unbleached wheat flour, salted butter (pasteurized cream, salt), margarine ((vegetable oil blend (palm oil and soybean oil), water, salt, contains less than 2% of soy lecithin, vegetable mono & diglycerides, potassium sorbate (a preservative), citric acid, natural & artificial flavor, beta carotene (color), vitamin a palmitate added, whey)), sugar, apples, dried cranberries (cranberries, sugar), almonds, honey, milk, oats, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cinnamon, natural flavoring. Contains: ALMONDS, DAIRY, WHEAT, SOY

Croissants:

Butter Croissant Unbleached wheat flour, milk, salted butter (pasteurized cream, salt), sugar, honey, yeast, lemon juice, salt. Contains: MILK, WHEAT

Chocolate Croissant Unbleached wheat flour, milk, salted butter (pasteurized cream, salt), sugar, honey, yeast, lemon juice, salt, semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla, May contain: Milk), drizzle chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavor, May contain: Milk). Contains: MILK, WHEAT

Almond Croissant Unbleached wheat flour, milk, salted butter (pasteurized cream, salt), sugar, honey, yeast, lemon juice, salt; Filling: salted butter (pasteurized cream, salt), eggs, unbleached wheat flour, sour cream (cultured cream), sugar, almonds, brown sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda, oats, almond extract (water, alcohol, bitter almond oil), salt, natural flavoring. Contains: MILK, EGGS, ALMONDS, WHEAT

Danish:

Iced Cinnamon Bun Unbleached wheat flour , butter (cream, salt), sour cream (grade A cultured cream), eggs, sugar, milk, pecans , walnuts , brown sugar, raisins, natural flavoring, yeast, salt. Contains: MILK, EGGS, PECANS, WALNUTS, WHEAT

Sweet Breads:

Banana Nut Bread Bananas, unbleached wheat flour, eggs, brown sugar, non-gmo canola oil, sour cream (cultured cream), walnuts, natural flavoring, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), baking soda, sea salt. Contains: EGGS, MILK, WALNUTS, WHEAT

Zucchini Bread Zucchini, unbleached wheat flour, sugar, eggs, non-gmo canola oil, natural flavoring, cinnamon, baking soda, sea salt, nutmeg. Contains: EGGS, WHEAT

Pumpkin Chocolate Chip Bread Pumpkin, eggs, sugar, brown sugar, unbleached wheat flour, non-GMO rice bran oil, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, salt, vanillin), baking soda, cinnamon, nutmeg, ginger, cloves, salt. Contains: EGGS, WHEAT, SOY

Cookies:

The "Old B" Cookie Oats, salted butter (pasteurized cream, salt), brown sugar, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, salt, vanillin), unbleached wheat flour, sugar, walnuts, coconut (coconut, sodium metabisulfite), pecans, almonds, eggs, water, natural flavoring, baking soda, cinnamon, salt. Contains: WALNUTS, PECANS, ALMONDS, EGGS, MILK, WHEAT

Chocolate Chip Cookie Unbleached wheat flour, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, salt, vanillin), salted butter (pasteurized cream, salt), brown sugar, sugar, eggs, oats, natural flavoring, baking soda, salt. Contains: EGGS, MILK, WHEAT