

Artisan Baked Goods Nutritional Information (DC/MD/VA)

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>Cholester</u> <u>l (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 Muffin	176	610	200	23	6	0	75	680	97	3	49	10
Morning Glory Muffin with Coconut (vegan)	143	540	230	25	3	0	0	380	74	3	43	4
<u>Scones:</u>												
Maple Walnut Scone	135	540	230	26	10	0	50	430	71	4	23	8
Blueberry Scone	100	360	150	17	9	0	40	580	48	2	14	6
Chocolate Scone	85	310	130	14	9	0	40	390	44	2	14	4
<u>Croissants:</u>												
Almond Croissant	95	440	250	28	15	0	85	330	42	2	12	9
Chocolate Croissant	96	400	220	25	15	1	60	300	42	2	11	6
Butter Croissant	79	310	170	20	11	1	60	270	32	< 1	6	5
Ham & Cheese Croissant	119	430	240	28	16	1	90	590	34	< 1	6	16
<u>Sweet Breads & Rolls:</u>												
Banana Walnut Mini Loaf	95	310	110	12	1.5	0	25	320	49	2	29	4
Lemon Mini Loaf	130	510	240	27	13	0	140	460	63	< 1	30	5
Iced Pumpkin Mini Loaf	150	420	150	17	4.5	0	55	370	52	1	29	5
Gingerbread Mini Loaf	130	380	180	20	9	0	60	430	46	< 1	25	5
<u>Cookies & Brownies:</u>												
Chocolate Chip Cookie	83	440	140	15	8	0	25	340	74	3	40	7
Brownie	100	450	220	26	15	0.5	70	220	50	3	46	4

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Muffins:

Blueberry Muffin	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Buttermilk (Cultured Grade A Lowfat Milk and Fat Free Milk, Nonfat Milk Solids, Salt, Sodium Citrate), Blueberry, Egg, Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Canola Oil, Lemon Zest, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Vanilla, Brown Sugar, Kosher Salt, Cinnamon. Contains: wheat, milk, egg, soy
Morning Glory Muffin with Coconut (vegan)	Dough Muffin Morning Glory Vegan (Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), King Sugar, Canola Oil, Carrots, Banana (Banana, Ascorbic Acid), Raisin, Coconut Flakes (Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite), Apple, Curaçao (Alcohol, Brandy Of Wine, Orange Aroma, Gelling Agent E466), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Cinnamon, Baking Soda (Sodium Bicarbonate), Salt (Salt, Yellow Prussiate Of Soda), Egg Substitute (Potato Starch, Tapioca Flour, Leavening (Calcium Lactate, Calcium Carbonate, Citric Acid), Cellulose Gum Modified Cellulose)), Topping Muffin Morning Glory (Brown Sugar, King Sugar, Sugar, Coconut Flakes (Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite), Cinnamon). Contains: Wheat, Coconut

Scones:

Maple Walnut Scone	Dough Scone Maple Walnut (Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Whole Wheat Flour, Sugar, Walnut, Margarine (Vegetable Oil Blend (Palm Oil And Soybean Oil), Butter (Cream Salt), Salt, Nonfat Dry Milk, Natural And Artificial Flavors, Potassium Sorbate, Soy Lecithin, Vitamin A, Palmitate Added, Beta Carotene)), Whole Grain Oat, Egg , Palm Oil, Maple Syrup (Pure Maple Syrup, Pure Cane Syrup), Brown Sugar, Maple Extract (Water, Caramel Color, Alcohol (12%), Vanilla Extract (Vanilla Bean Extractives In Water, Alcohol, Corn Syrup), Molasses Solids, Corn Syrup Solids, Natural And Artificial Flavors, Sugar, Sulfiting Agents) , Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Caramel Color, Artificial Flavor, Citric Acid, Sodium Benzoate (Preservative)), Salt (Sodium Silicoaluminat, Dextrose, Potassium Iodide), Baking Soda (Sodium Bicarbonate)), Glaze Maple Walnut (Powdered Sugar (Sugar, Cornstarch), Maple Syrup (Pure Maple Syrup, Pure Cane Syrup), Maple Extract (Water, Caramel Color, Alcohol (12%), Vanilla Extract (Vanilla Bean Extractives In Water, Alcohol, Corn Syrup), Molasses Solids, Corn Syrup Solids, Natural And Artificial Flavors, Sugar, Sulfiting Agents) , Walnut). Contains: Milk, Egg, Wheat, Soy, Walnut
Blueberry Scone	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Buttermilk (Cultured Grade A Lowfat Milk and Fat Free Milk, Nonfat Milk Solids, Salt, Sodium Citrate), Heavy Cream (Cream (milk), disodium phosphate, gellan gum), Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Sugar, Blueberry, Egg, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Salt. Contains: wheat, milk, egg, soy
Chocolate Scone	Dough Scone Chocolate Cream (Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Semi Sweet Chocolate (Sugar, Chocolate, Cocoa Butter, Milk-Fat, Soy Lecithin, Vanillin, Artificial Flavor, Milk), King Sugar, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Salt (Sodium Silicoaluminat, Dextrose, Potassium Iodide), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Cinnamon), Syrup Scones (King Sugar). Contains: Milk, Wheat, Soy

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Croissants:

Almond Croissant	Dough Croissant (Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream), Sugar, Butter (Cream, Natural Flavoring), Nonfat Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Yeast, Salt (Sodium Silicoaluminate, Dextrose, Potassium Iodide), Dough Improver (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Enzymes)), Cream Almond (Egg , Sugar, Butter (Cream, Natural Flavoring), Almond Flour (Almonds)), Almonds Blanched, Egg, Snow Sugar (Dextrose, Maize Starch, Hardened Vegetable Fat, Flavoring - Vanillin), Almond Flavour (Capric/Caprylic Triglycerides). Contains: Milk, Egg, Wheat, Almond
Chocolate Croissant	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Butter (pasteurized cream), Dark chocolate (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, vanilla), Sugar, Milk Powder (nonfat dry milk, vitamin A palmitate, vitamin D3), Egg (whole egg, citric acid), Yeast, Salt, Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg, soy
Butter Croissant	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Butter (pasteurized cream), Sugar, Milk Powder (nonfat dry milk, vitamin A palmitate, vitamin D3), Egg (whole egg, citric acid), Yeast, Salt, Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg
Ham & Cheese Croissant	Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Swiss Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), Butter (pasteurized cream), Ham (cured with: dextrose, salt, sodium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite), Sugar, Milk Powder (nonfat dry milk, vitamin A palmitate, vitamin D3), Egg (whole egg, citric acid), Yeast, Salt, Italian Seasoning (marjoram, thyme, rosemary, savory, sage, oregano, basil), Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg

Sweet Breads & Rolls:

Banana Walnut Mini Loaf	Dough Sweet Bread Banana Walnut (Banana (Banana, Ascorbic Acid), Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), King Sugar, Egg, Canola Oil, Walnut, Baking Soda (Sodium Bicarbonate), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt (Salt, Yellow Prussiate Of Soda), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar)), Glaze Sweet Bread Banana (Brown Sugar, Walnut, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Cinnamon, Salt (Salt, Yellow Prussiate Of Soda)). Contains: Milk, Egg, Wheat, Soy, Walnut
Lemon Mini Loaf	Dough Sweet Bread Lemon (King Sugar, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Egg Yolk, Egg, Lemon Zest, Lemon Extract (Water, Alcohol, Lemon Oil), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt (Salt, Yellow Prussiate Of Soda), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar)), Lemon Icing (Powdered Sugar (Sugar, Cornstarch), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Lemon Juice, Sea Salt). Contains: Milk, Egg, Wheat, Soy

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Iced Pumpkin Mini Loaf
Dough Sweet Bread Pumpkin Bourbon (Brown Sugar, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Pumpkin, Egg, Canola Oil, Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Whisky, Baking Soda (Sodium Bicarbonate), Salt (Salt, Yellow Prussiate Of Soda), Cinnamon, Ginger Dried, Cardamom, Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar)), Cream Cheese Icing (Powdered Sugar (Sugar, Cornstarch), Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Sea Salt). Contains: Milk, Egg, Wheat, Soy

Gingerbread Mini Loaf
Dough Sweet Bread Gingerbread (Brown Sugar, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Egg, Half And Half (Milk, Cream), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Cinnamon, Ginger Dried, Baking Soda (Sodium Bicarbonate), Cardamom, Salt (Salt, Yellow Prussiate Of Soda), Cloves), Cream Cheese Icing (Powdered Sugar (Sugar, Cornstarch), Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene, Vitamin A, Palmitate), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Sea Salt). Contains: Milk, Egg, Wheat, Soy

Cookies & Brownies:

Chocolate Chip Cookie
Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat (milk), soy lecithin (added as an emulsifier), vanilla), Brown sugar, Sugar, Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palminate added, beta carotene (color)), Egg (whole egg, citric acid), Vanilla, Baking soda (Sodium bicarbonate), Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Kosher Salt. Contains: wheat, milk, egg, soy

Brownie
Semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat (milk), soy lecithin (added as an emulsifier), vanilla), Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palminate added, beta carotene (color)), Sugar, Egg (whole egg, citric acid), Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Coffee extract, Vanilla, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Kosher Salt. Contains: wheat, milk, egg, soy