

Artisan Baked Goods Nutritional Information (Seattle)

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 Size</u> (g)	<u>Calories</u>	<u>Calories from Fat</u>	<u>Total Fat (g)</u>	<u>Saturated Fat (g)</u>	<u>Trans Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>Sodium (mg)</u>	<u>Total Carbohydrates (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>
Almond Poppy Seed Muffin	142	530	260	28	4	0	95	460	58	4	28	10
Blueberry Cream Cheese Muffin	142	460	200	22	6	0	90	460	58	2	32	6
Raspberry Dessert Scone	120	350	110	12	6	0	15	510	55	0	21	6
Pumpkin Scone	123	430	180	20	10	0	15	610	57	2	26	6
Almond Croissant	141	510	240	26	12	0	60	360	61	3	35	7
Butter Croissant	79	270	130	15	10	0	50	300	28	2	4	5
Chocolate Croissant	79	280	140	16	10	0	45	270	30	2	9	5
Banana Walnut Bread	85	250	50	6	3.5	0	30	115	40	2	27	4
Carrot Zucchini Bread	85	290	130	15	1	0	35	200	34	1	21	4
Iced Gingerbread	85	310	120	14	1.5	0	20	210	45	0	28	4
Gingerbread Cookie	85	340	120	14	8	0	50	45	50	0	21	5
Chocolate Chunk Cookie	86	360	140	16	7	0	20	200	54	0	36	4
Oatmeal Raisin Cookie	86	360	140	14	6	0	10	340	54	4	28	6
Blueberry Danish	108	260	120	14	8	0	30	300	44	2	18	6
Cinnamon Roll	134	460	140	16	6	0	30	520	70	2	32	8
Sour Cream Coffee Cake	142	520	220	26	4	0	80	420	66	2	40	6

Ingredients:

Almond Poppy Seed Muffin	Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol, mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, water, eggs (pasteurized), canola oil, sliced almonds, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), poppy seeds, almond emulsion (water, propylene glycol, artificial flavor, xanthan gum, propylene glycol alginate, guar gum, mono- & diglycerides, preservatives (propyl gallate, citric acid), sodium bicarbonate. Contains milk, egg, tree nuts (almonds), wheat, soy.
Blueberry Cream Cheese Muffin	Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey(milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, water, eggs (pasteurized), canola oil, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), blueberries, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum) powdered sugar (sugar, cornstarch) trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, natural vanilla flavor (natural flavors, water, alcohol, glycerin), sodium bicarbonate, lemon juice. Contains milk, egg, wheat, soy.
Raspberry Dessert Scone	flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), raspberries, buttermilk(milk), sugar, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, artificial 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
Pumpkin Scone	Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Buttermilk Lowfat, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, pumpkin, Sugar Granulated, cane sugar, corn starch, Butter, 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., heavy cream, Leavening Agents, Baking Powder., Vanilla Extract, Baking Soda, Ginger, Cinnamon, Spices, Cloves, Ground, Nutmeg, Allspice, Sugar, Orange Juice Concentrate, Glucose Syrup, Modified Waxy Maize Starch, Acidifier (citric acid), Flavour (blood oranges), thickening agent (locust bean gum, guar gum), colour (paprika extract), Gelling Agent (Pectin), Salt. CONTAINS: Milk, Soy, Wheat
Almond Croissant	Wheat Flour, water, butter (milk), sugar, yeast, wheat gluten, emulsifier (mono- & diglycerides), dough conditioner (ascorbic acid), enzymes, sugar, almond paste (blanched almonds, sugar, water, potassium sorbate (preservative), natural flavoring), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), water, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), powdered sugar (sugar, cornstarch), sliced almonds. Contains milk, egg, tree nuts (almonds), wheat, soy.
Butter Croissant	Wheat Flour, water, butter (milk), sugar, yeast, wheat gluten, emulsifier (mono- & diglycerides), dough conditioner (ascorbic acid), enzymes, eggs (pasteurized). Contains milk, egg, wheat.
Chocolate Croissant	Whole wheat flour, water, butter (milk), sweet chocolate (sugar, chocolate liquor, cocoa fat, emulsifier (soy lecithin), sugar, yeast, wheat gluten, salt, emulsifier (mono- & diglycerides, soy lecithin), stabilizer (xanthan gum), dough conditioner (ascorbic acid), enzymes, eggs (pasteurized). Allergens: Contains milk, egg, wheat, soy. May contain traces of tree nuts.

Banana Walnut Bread	Banana puree (100% banana), Sugar, Brown sugar (sugar, invert sugar and cane molasses), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Whole wheat flour, Banana, Unsalted butter (milk), Eggs (pasteurized), Nuts (walnuts and/or pecans), Apples, water, erythorbic acid (to maintain color), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sodium bicarbonate, Salt, yellow Prussiate of Soda. Allergens: Contains egg, milk, tree nuts (walnuts/pecans), wheat.
Carrot Zucchini Bread	Carrot, Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Canola oil, Sugar, Eggs (pasteurized), Brown sugar (sugar, invert sugar and cane molasses), Zucchini, Raisins, Nuts (walnuts and/or pecans), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sodium bicarbonate, Sea Salt, Cinnamon. CONTAINS: Egg, tree nuts (walnuts/pecans)
Iced Gingerbread	Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Buttermilk (cultured lowfat milk, fat free milk solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), Canola oil, Brown sugar (sugar, invert sugar and cane molasses), Sugar, Eggs (pasteurized), Crystallized Ginger (ginger roots, cane sugar), Molasses (cane syrup), Powdered sugar (sugar, cornstarch), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Sodium bicarbonate, Icing (Liquid sugar, corn syrup, sugar, partially hydrogenated soybean and cottonseed oils, contains 2% or less of the following: water, titanium dioxide (color), salt, propylparaben, propylene glycol, natural and artificial flavors; heliotrophine, hydrochloric acid), Unsalted butter (milk), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Ginger, Sea Salt, Orange extract (alcohol, orange oil, water). Allergens: Contains milk, egg, wheat, soy.
Gingerbread Cookie	Unsalted butter (milk), Brown sugar (sugar, invert sugar and cane molasses), Eggs (pasteurized), Molasses (cane syrup), Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Ginger, Clove, Sodium bicarbonate, Cinnamon, Sea Salt. Contains milk, eggs, wheat.
Chocolate Chunk Cookie	Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Brown sugar (sugar, invert sugar and cane molasses), Sugar, Organic Oat Flour (Oats), Milk chocolate chips (sugar, cocoa butter, whole milk powder, unsweetened chocolate, soy lecithin (an emulsifier), natural vanilla extract), Dark chocolate (sugar, chocolate liquor, cocoa butter, soya lecithin), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Eggs (pasteurized), Unsalted butter (milk), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sodium bicarbonate, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sea Salt. Contains milk, egg, wheat, soy.
Oatmeal Raisin Cookie	Rolled oats, trans fat free shortening (palm oil), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), raisins, brown sugar (sugar, invert sugar and cane molasses), sugar, water, eggs (pasteurized), salt, yellow Prussiate of Soda natural vanilla flavor (natural flavors, water, alcohol, glycerin), sodium bicarbonate, cinnamon, nutmeg. Contains egg, wheat.
Blueberry Danish	Blueberries, 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, thiamin mononitrate, riboflavin, folic acid), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Milk (with vitamin A Palmitate and Vitamin d3), Powdered sugar (sugar, cornstarch), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Margarine (palm oil, water, salt, mono- & diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Sugar, Water, Unsalted butter (milk), Eggs (pasteurized), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Shortening (vegetable gums (guar, arabic), wheat flour, soybean oil, enzymes), Yeast, sorbititan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Lemon juice, Conditioner (Wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzyme), Cinnamon. Contains Sulfites. Allergens: Contains eggs, milk, soy, wheat.
Cinnamon Roll	Trans fat free mix (unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, dextrose, dried egg yolks, defatted soy flour, salt, mono- & diglycerides, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), vital wheat gluten, cellulose gum, beta carotene (color)), Water, White glaze (sugar, maltodextrin), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Yeast, sorbititan monostearate, ascorbic acid, Corn syrup, Lemon juice, Natural & artificial flavors (dextrose, cornstarch, turmeric, apo carotenal, alcohol, vitamin E (contains milk ingredients)), Sea Salt, Unsalted butter (milk), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Cinnamon, Brown sugar (sugar, invert sugar and cane molasses). Allergens: Contains milk, egg, wheat, soy.
Sour Cream Coffee Cake	Cake mix (sugar, enriched wheat flour bleached (flour, niacin, reduced iron, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch, soy bean oil, dry whey, leavening (sodium aluminum phosphate, baking soda), salt, vital wheat gluten, propylene glycol mono- & diesters of fatty acids, mono- & diglycerides, sodium stearoyl lactylate, dextrose, cornstarch, triacalcium phosphate, natural and artificial flavoring, water, citric acid, alpha tocopherol as preservative, ascorbic acid (dough conditioner), egg, soy flour), eggs (pasteurized), canola oil, water, sour cream, (cultured milk & cream, whey, modified food starch, sodium phosphate, guar gum, carageenan, calcium sulphate and locust bean gum), brown sugar (sugar, invert sugar and cane molasses) sugar, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, rolled oats, natural vanilla flavor (natural flavors, water, alcohol, glycerin), cinnamon. Allergens: Contains milk, egg, wheat, soy.