

Artisan Baked Goods Nutritional & Ingredient Information (SoCal)

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 Carbohydrate s (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>
Blueberry Crumble Muffin	136	570	270	30	5	0	115	540	69	1	47	7
Blueberry Oat Bran Muffin (Vegan)	156	370	130	14	1.5	0	0	440	65	9	27	11
Cranberry Almond Muffin (Made without Wheat)	104	450	190	21	2	0	65	320	58	1	34	5
Blueberry Scone	122	420	120	14	4	0	15	450	68	2	24	7
Maple Pecan Scone	113	450	160	17	3.5	0	0	420	67	2	30	6
Almond Croissant	136	590	320	36	17	0	100	320	61	3	25	10
Butter Croissant	87	400	200	22	14	0	75	350	45	1	8	6
Chocolate Croissant	81	310	160	17	11	0	50	230	35	1	10	5
Banana Nut Bread	127	420	190	21	2	0	50	280	55	3	25	6
Lemon Poppy Bread	117	490	250	27	3	0	100	500	56	1	39	6
Pumpkin Bread	111	400	160	17	2.5	0	70	320	60	8	25	6
Iced Gingerbread	130	500	190	21	2.5	0	65	440	73	2	45	5
Cinnamon Roll	99	270	110	12	7	0	65	210	37	1	17	4
Chocolate Chip Cookie	81	430	170	19	7	0	20	250	63	1	36	4
Peanut Butter Cookie (Vegan)	80	350	120	14	3	0	0	210	54	1	31	5
Gingerbread Cookie	60	260	70	8	5	0	20	55	43	2	13	3

Ingredients:	
Blueberry Crumble Muffin	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Modified Food Starch, Milk Powder (Non-Fat Dry Milk), Eggs (Whole Eggs, Citric Acid), Canola Oil, Water, Blueberries, Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Granulated Sugar, Butter (Pasteurized Cream, Salt). Contains Wheat, Eggs, Milk
Blueberry Oat Bran Muffin (Vegan)	Soy Milk, Oat Bran, Blueberries, Brown Sugar, Spelt Flour, Applesauce, Canola Oil, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda (Sodium Bicarbonate), Salt. Contains: Soy Milk, Wheat
Cranberry Almond Muffin (Made without Wheat)	Sugar, Rice Flour, Whey Powder, Modified Rice Starch, Eggs, Sliced Almonds, Canola Oil, Water, Whole Cranberry, Vanilla, Salt, (Contains 2% or less of the Following: Modified Corn Starch, Potato Starch, Sodium Bicarbonate, Xanthan Gum, Soy Lecithin, Sodium Lactylate.) Contains: Eggs, Soy Lecithin, Tree Nuts (Almond), Milk
Blueberry Scone	All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Granulated Sugar, Buttermilk (Skim Milk, Non Fat Milk Solids, Culture, Salt), Blueberries, Whole Eggs, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Water, Baking Soda (Sodium Bicarbonate), Salt. Contains: Wheat, Milk, Egg
Maple Pecan Scone	All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Buttermilk (Skim Milk, Non Fat Milk Solids, Culture, Salt), Granulated Sugar, Powdered Sugar (Sugar, Cornstarch), Pecan Pieces, Maple Syrup, Water, Vanilla Extract (Water, Propylene Glycol, Ethyl Alcohol, Natural Flavors, Corn Syrup, Caramel Color), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda (Sodium Bicarbonate), Salt. Contains: Wheat, Milk, Eggs,

Almond Croissant	Butter (Pasteurized Cream, Salt), All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, High Gluten Flour (Enriched Unbleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enzyme, Ascorbic Acid (As A Natural Dough Conditioner), Granulated Sugar, Blanched Almond Meal, Sliced Almonds, Eggs (Whole Eggs, Citric Acid), Milk Powder (Non-Fat Dry Milk), Salt, Fresh Yeast. Contains: Wheat, Milk, Eggs, Tree Nuts (Almond)
Butter Croissant	All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Salt), High Gluten Flour (Enriched Unbleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enzymes, Ascorbic Acid (As A Natural Dough Conditioner), Beet Sugar, Eggs (Whole Eggs, Citric Acid), Milk Powder (Non-fat Dry Milk), Salt, Fresh Yeast. Contains: Wheat, Milk, Egg
Chocolate Croissant	All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Butter (Pasteurized Cream, Salt), High Gluten Flour (Enriched Unbleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enzyme, Ascorbic Acid (As A Natural Dough Conditioner), Semi-Sweet Chocolate(Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Natural Vanilla Flavor), Granulated Sugar, Whole Eggs, Eggs (Whole Eggs, Citric Acid), Milk Powder (Non-Fat Dry Milk), Salt, Fresh Yeast. Contains: Wheat, Milk, Eggs, Soy
Banana Nut Bread	Bananas, All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola Oil, Eggs (Whole Eggs, Citric Acid), Granulated Sugar, Brown Sugar, Walnut Pieces, Pecan Pieces, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda (Sodium Bicarbonate), Vanilla Extract (Water, Propylene Glycol, Ethyl Alcohol, Natural Flavors, Corn Syrup, Caramel Color). Contains Wheat, Eggs, Milk, Tree Nuts (Walnut, Pecan)
Lemon Poppy Bread	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Modified Food Starch, Milk Powder (Non-Fat Dry Milk), Eggs (Whole Eggs, Citric Acid), Canola Oil, Water, Lemon Juice, Lemon Zest, Poppy Seeds. Contains: Wheat, Eggs, Milk
Pumpkin Bread	Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Food Starch - Modified, Cocoa (Processed With Alkali), Dry Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Soybean Oil, Emulsifier (Propylene Glycol Esters Of Fatty Acids, Mono- And Diglycerides, Sodium Stearoyl Lactylate), Salt, Artificial Flavor, Caramel Color (Contains Sulfites), Red 40, Egg Whites, Soy Flour), Pumpkin Puree, Eggs (Whole Eggs, Citric Acid), Canola Oil, Cinnamon, All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar - Light Brown, Beet Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Ginger Ground, Salt, Baking Soda (Sodium Bicarbonate). Contains: Wheat, Milk, Egg, Soy.
Iced Gingerbread	Applesauce (Apple, Water, Sugar), Cane Sugar, Canola Oil, Eggs (Whole Eggs, Citric Acid), Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Powdered Sugar (Sugar, Cornstarch), Molasses, Ginger Peeled, All Purpose Shortening (Palm Oil), Inverted Sugar, Crystallized Ginger (Ginger, Cane Sugar), Baking Soda (Sodium Bicarbonate), Ground Cinnamon, Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Cream Cheese Flavor (Propylene Glycol, Water, Natural Flavors), Citric Acid, Xanthan Gum, Vanilla Flavor (Water, Propylene Glycol, Ethyl Alcohol, Natural Flavors, Caramel Color). Contains: Wheat, Egg
Cinnamon Roll	All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Milk, Butter (Pasteurized Cream, Salt), Powdered Sugar (Sugar, Cornstarch), Granulated Sugar, Whole Eggs, Brown Sugar, Eggs (Whole Eggs, Citric Acid), Water, Fresh Yeast, Cinnamon, Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Corn Syrup, Vanilla Extract (Water, Propylene Glycol, Ethyl Alcohol, Natural Flavors, Corn Syrup, Caramel Color). Contains: Wheat, Milk, Egg
Chocolate Chip Cookie	Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Granulated Sugar, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin (An Emulsifier), Natural Vanilla Extract), Brown Sugar, Eggs (Whole Eggs, Citric Acid), Vanilla Extract (Water, Propylene Glycol, Ethyl Alcohol, Natural Flavors, Corn Syrup, Caramel Color), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Baking Soda (Sodium Bicarbonate). Contains:
Peanut Butter Cookie (Vegan)	Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar - Light Brown, Peanut Butter Creamy, Beet Sugar, Vegetable Oil Blend (Palm, Canola And Olive Oils), Egg Replacer (Potato Starch, Tapioca Starch Flour, Leavening (Calcium Lactate (Not Derived From Dairy), Calcium Carbonate, Citric Acid), Sodium Carboxymethylcellulose, Methylcellulose.), Vanilla Extract (Water, Propylene Glycol, Ethyl Alcohol, Natural Flavors, Corn Syrup, Caramel Color), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Baking Soda (Sodium Bicarbonate). Contains: Wheat, Peanut
Gingerbread Cookie	All Purpose Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Cane Sugar, Butter (Pasteurized Sweet Cream), Whole Milk, Powdered Sugar (Sugar, Cornstarch), Ground Cinnamon, Ground Ginger, Baking Soda (Sodium Bicarbonate), Egg Whites (Egg Whites, Guar Gum, And Triethyl Citrate (Added As Whipping Aids)), Cream Of Tartar. Contains: Wheat, Milk, and Eggs