

## Artisan Baked Goods Nutritional Information (Illinois)

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>	<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>
	(g)											
Blueberry Lemon Muffin	178	460	130	14	8	0	85	530	75	1	34	9
Coffee Cake Muffin	175	690	300	33	20	0	135	250	94	2	60	7
Blueberry Lemon Scone	125	440	180	20	12	0	100	470	57	2	14	9
Turtle Scone	122	550	290	32	18	0	90	430	61	3	23	9
Almond Croissant	141	520	280	31	16	1	120	330	51	2	19	9
Butter Croissant	80	300	160	17	10	1	45	280	30	1	5	5
Chocolate Croissant	110	430	270	30	18	1	65	310	39	5	5	9
Nueske's Ham & Cheese Croissant	130	410	210	24	14	1	95	500	33	1	5	15
Banana Walnut Bread	139	490	190	21	2	0	55	290	65	3	37	8
Chocolate Chip Pumpkin Bread	145	450	140	15	3.5	0	55	380	74	3	48	7
Iced Gingerbread	158	540	220	25	5	0	100	440	75	2	43	7
Cinnamon Roll	213	750	200	23	13	0	135	460	130	2	90	10
Morning Bun	116	420	190	22	13	1	50	340	52	1	20	6
Gingerbread Cookie	102	440	160	18	11	0	65	130	65	2	29	6
Chocolate Chip Cookie	100	480	210	24	10	0	50	350	67	5	45	5
Oatmeal Raisin Cookie	104	440	160	17	10	0	75	230	67	3	36	7
Plain Bagel & Cream Cheese	158	380	60	7	3.5	0	15	600	63	2	5	13
Plain Bagel	128	310	10	1	0	0	0	480	62	2	4	11
Cream Cheese	30	70	50	6	3.5	0	15	115	1	0	1	2

### Ingredients:

Blueberry Lemon Muffin	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Buttermilk (Cultured Lowfat Milk, Salt, Natural Flavorings) (Milk), Sugar, Blueberries, Unsalted Butter (Cream, Natural Flavorings) (Milk), Cage-Free Eggs (Egg), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt, Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor, Cinnamon, Baking Soda. Contains: Wheat, Milk, Eggs.
Coffee Cake Muffin	Brown Sugar (Sugar, Molasses), Unsalted Butter (Cream, Natural Flavorings) (Milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Sour Cream (Cultured Sour Cream (Nonfat Milk, Cream, Whey, Modified Cornstarch, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum, Cultures), Potassium Sorbate As Preservative) (Milk), Sugar, Pastry Flour (Wheat), Cage-Free Eggs (Egg), Cinnamon, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt, Ground Nutmeg, Cardamom. Contains: Wheat, Eggs And Milk.
Blueberry Lemon Scone	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Heavy Cream (Cream, Carrageenan) (Milk), Unsalted Butter (Cream, Natural Flavorings) (Milk), Cage-Free Eggs (Egg), Blueberries, Dried Blueberries (Blueberries, Glycerol, Safflower Oil, Citric Acid, Calcium Lactate, Potassium Sorbate, Natural Blueberry Flavor ), Sugar, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Coarse Grain Sugar (Sugar, Carnauba Wax), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (Preservative), Sodium Benzoate (Preservative), Lemon Oil), Salt, Lemon Extract, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor. Contains: Wheat, Milk, Eggs.
Turtle Scone	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Heavy Cream (cream, carrageenan) (milk), Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Unsalted Butter (Cream, Natural Flavorings) (milk), Dark Coating Chocolate(sugar, cocoa powder processed with alkali, vegetable fat(palm kernel and/or palm), coconut oil, lactose, soy lecithin(an emulsifier), natural vanilla extract) (milk, soybeans), Cage-Free Eggs (egg), Toffee (milk chocolate (sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose, soy lecithin, natural flavoring), sugar, vegetable oil (palm oil, dairy butter, almonds, Contains 2% or less of: salt, soy lecithin) (milk, soybeans, tree nuts), Sugar, Pecans (tree nuts), Baking Powder (sodium acid pyrophosphate, Bicarbonate sodium, monocalcium phosphate), Salt, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar). Contains: egg, milk, soybeans, tree nuts and wheat

Almond Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Water, Sugar, Cage-Free Eggs (Egg), Milk (Milk), Unsalted Butter (Cream, Natural Flavorings) (Milk), Almonds (Tree Nuts), Almond Paste (Almonds, Sugar, Water, Potassium Sorbate (Preservative), Natural And Artificial Flavor) (Tree Nuts), Bleached Wheat Flour (Wheat), Honey, Powdered Sugar (Granulated Sugar, Cornstarch), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Cage-Free Egg Yolks (Egg), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Almond Extract (Tree Nuts), Rum, Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy, Tree Nuts(Almonds) And Wheat.
Butter Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Milk (Milk), Water, Sugar, Honey, Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Cage-Free Eggs (Egg), Cage-Free Egg Yolks (Egg), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat.
Chocolate Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Cocoa Baton (sugar, cocoa mass, cocoa butter, emulsifier: sun flower lecithin, vanilla flavouring), EuroButter Sheet (cream) (milk), Milk (milk), Water, Sugar, Cage-Free Eggs (egg), Honey, Cage-Free Egg Yolks (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soy), Yeast (sorbitan monostearate, ascorbic acid), Salt, Barley Malt Syrup (malted barley, water) (wheat). Contains: Soy, Wheat, Milk, Eggs
Nueske's Ham & Cheese Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Ham(Pork Hams, Water, Honey, Sea Salt, Nmaple Syrup, Turbinado Sugar, Celery Powder, Natural Flavor, Lauric Acid Started Culture), Eurobutter Sheet (Cream) (Milk), Swiss Cheese (Milk), Milk (Milk), Water, Sugar, Cage-Free Eggs (Egg), Honey, Cage-Free Egg Yolks (Egg), Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat.
Banana Walnut Bread	Bananas, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Cage-Free Eggs (egg), Canola Oil, Brown Sugar (Sugar, Molasses), Walnuts (tree nuts), Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Baking Soda (sodium bicarbonate), Salt, Cinnamon, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar). Contains: egg, milk, tree nuts and wheat.
Chocolate Chip Pumpkin Bread	Sugar, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Pumpkin Puree, Cage-Free Eggs (egg), Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Canola Oil, Water, Baking Soda (sodium bicarbonate), Salt, Ground Ginger, Ground Nutmeg, Ground Cloves, Cinnamon, Baking Powder (sodium acid pyrophosphate, Bicarbonate sodium, monocalcium phosphate). Contains: egg, soybeans and wheat.
Iced Gingerbread	Applesauce(apples, water, erythorbic acid(to maintain color)), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Cage-Free Eggs (egg), Canola Oil, Powdered sugar (Granulated sugar, Cornstarch), Molasses, Cream Cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and or xanthan and/or guar gums.)) (milk), Ginger, cane sugar, water, Crystallized Ginger (Ginger, sugar), Unsalted Butter (Cream, Natural Flavorings) (milk), Baking Soda (sodium bicarbonate), Ground Ginger, Cinnamon, Salt, Ground Cloves, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar). Contains: egg, milk and wheat
Cinnamon Roll	Powdered Sugar (Granulated Sugar, Cornstarch), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Unsalted Butter (Cream, Natural Flavorings) (Milk), Cage-Free Eggs (Egg), Milk (Milk), Sugar, Water, Brown Sugar (Sugar, Molasses), Canola Oil, Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Salt, Bleached Wheat Flour (Wheat), Cornstarch, Cinnamon, Yeast (Sorbitan Monostearate, Ascorbic Acid), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives). Contains: Egg, Milk, Soybeans And Wheat.
Morning Bun	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Sugar, Milk (Milk), Water, Brown Sugar (Sugar, Molasses), Oranges, Honey, Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Cinnamon, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Milk, Soy And Wheat.
Gingerbread Cookie	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Sugar, Molasses, Powdered sugar (Granulated sugar, Cornstarch), Cage-Free Eggs (egg), Honey, Water, Dutch Processed Cocoa Powder, Meringue Powder (sugar, dextrose, dried cage-free egg white (with sodium lauryl sulfate, cream of tartar. Algin, salt, sodium hexametaphosphate, calcium sulfate, locust bean gum, xanthan gum, artificial flavor) (egg), Cinnamon, Ground Ginger, Black Pepper, Salt, Baking Soda (sodium bicarbonate), Ground Cloves, White Gel Paste (water, sugar, US certified Titanium Dioxide, modified cornstarch, vegetable gum, citric acid, and less than 1/10 of 1% sodium benzoate, potassium sorbate(as preservatives)). Contains: egg, milk and wheat
Chocolate Chip Cookie	Chocolate Chips (Chocolate Liquor, Sugar, Soy Lecithin, Vanillin) (Soybeans), Brown Sugar (Sugar, Molasses), Whole Wheat Flour (Wheat), Sugar, Organic Barley Flour (Wheat), Unsalted Butter (Cream, Natural Flavorings) (Milk), Canola Oil, Cage-Free Eggs (Egg), Honey, Apple Cider Vinegar, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt, Baking Soda. Contains: Soy, Wheat, Milk, Eggs.
Oatmeal Raisin Cookie	Midget Raisins, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Rolled Oats (Wheat), Unsalted Butter (Cream, Natural Flavorings) (Milk), Brown Sugar (Sugar, Molasses), Cage-Free Eggs (Egg), Sugar, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Baking Soda, Salt, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Cinnamon, Ground Nutmeg. Contains: Wheat, Milk, Eggs.
Plain Bagel & Cream Cheese	Bagel: Flour (Unbleached Spring Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) (Wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (Malted Barley, WATER) (Wheat), Salt, Malted Barley Flour (Wheat), Yeast. Cream Cheese: Pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums) whey, sugar, salt, potassium sorbate (to protect freshness). Contains: Wheat, Milk.
Plain Bagel	Flour (Unbleached Spring Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) (Wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (Malted Barley, WATER) (Wheat), Salt, Malted Barley Flour (Wheat), Yeast. Contains: Wheat.
Cream Cheese	Pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums) whey, sugar, salt, potassium sorbate (to protect freshness). Contains Milk