

Artisan Baked Goods Nutritional & Ingredient Information (NorCal)

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 (g)</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>
Blueberry Muffin	131	540	230	26	9	0	80	360	72	2	33	7
Bran Cranberry Apple Muffin	153	490	220	24	7	0	80	630	59	7	18	6
Pumpkin Muffin	145	460	140	15	3	0	50	360	74	3	38	7
Raspberry Blackberry Cream Scone	118	360	160	17	9	0	60	320	44	2	12	6
Maple Walnut Scone	110	430	200	23	13	0	85	360	50	2	24	5
Iced Lemon Scone	110	440	200	23	14	0	90	410	53	< 1	23	5
Peach Berry Scone (Reduced Fat)	105	280	70	8	4.5	0	50	190	46	2	14	6
Banana Nut Bread	125	430	170	18	8	0	60	260	59	2	28	6
Pumpkin Bread	125	400	160	17	2	0	65	450	54	2	28	6
Zucchini Bread	128	420	180	20	2	0	50	170	55	2	27	6
Iced Gingerbread	141	470	180	20	3.5	0	65	420	67	1	43	5
Coffee Cake	164	590	240	27	14	0	90	340	81	< 1	54	6
Chocolate Chip Cookie with Sea Salt	82	390	130	14	9	0	65	1030	50	< 1	31	4
Gingerbread Cookie	68	260	80	8	5	0	35	170	44	1	21	3
Guittard Chocolate Brownie (Vegan) (Made without Wheat)	81	360	160	18	2.5	0	0	115	52	4	33	3
Butter Croissant	61	300	140	16	10	0	70	290	24	0	3	5
Single-Origin Chocolate Croissant	85	360	190	21	12	0.5	45	300	40	2	17	6
Almond Crown Croissant (with almond frangipane)	105	470	240	27	13	0.5	75	400	47	3	18	10
Ham and Aged Swiss Bowtie	90	340	180	20	12	0.5	65	400	27	1	5	12
Morning Bun (with orange zest and cinnamon sugar)	95	360	140	15	9	0.5	45	410	49	1	20	7
Sweet Cheese Danish	105	410	210	23	15	0.5	65	440	41	1	14	9

Ingredients:

Blueberry Muffin	All-purpose flour, sugar, butter, cage-free eggs, wild Maine blueberries, milk, canola oil, baking powder, baking soda, salt, and crumb topping. Contains: Wheat, Milk, Eggs
Bran Cranberry Apple Muffin	All-purpose flour, applesauce, butter, cage-free eggs, cranberries, apples, bran cereal, brown sugar, canola oil, baking soda and salt. Contains: Wheat, Milk, Eggs
Pumpkin Muffin	Enriched Unbleached Flour, Pumpkin, Sugar, Brown Sugar, Buttermilk, Cage-free Eggs, Canola Oil, Butter, Oats, Cinnamon, Baking Soda, Allspice, Salt. Contains: Milk, Egg, Wheat
Raspberry Blackberry Cream Scone	Enriched Unbleached Flour, Manufacturing Cream, Sugar, Cage-free Eggs, Butter, Bakers Margarine, Ollalieberries, Milk, Raspberries, Frozen, Red, Sweetened, Baking Powder, Salt, Orange Peel. Contains: Wheat, Milk, Eggs
Maple Walnut Scone	All purpose flour, whole wheat flour, sugar, butter, cream, milk, cage-free egg, brown sugar, walnuts, maple syrup, maple extract, baking powder and salt. Contains: Wheat, Milk, Eggs, Walnuts

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Iced Lemon Scone	All purpose flour, sugar, butter, cream, milk, cage-free egg, lemon flavado, lemon juice, baking powder, and salt. Contains: Wheat, Milk, Eggs
Peach Berry Scone (Reduced Fat)	Enriched Unbleached Flour, Buttermilk, Sugar, Peaches, Cage-free Eggs, Butter, Ollalieberries, Raspberries, Frozen, Unsweetened, Baking Powder, Salt, Baking Soda. Contains: Milk, Egg, Wheat
Banana Nut Bread	Enriched Unbleached Flour, Bananas, Sugar, Sour Cream , Cage-free Eggs, Brown Sugar, Butter, Bakers Margarine, Walnuts, Canola Oil, Baking Powder , Salt, Vanilla Extract. Contains: Wheat, Milk, Eggs, Walnuts
Pumpkin Bread	Enriched Unbleached Flour, Pumpkin, Sugar, Cage-free Eggs, Canola Oil, Brown Sugar, Buttermilk, Baking Soda, Salt, Cinnamon, Allspice. Contains: Milk, Egg, Wheat
Zucchini Bread	Enriched Unbleached Flour, Zucchini, Canola Oil, Sugar, Cage-free Eggs, Brown Sugar, Walnuts, Vanilla, Baking Soda, Salt, Cinnamon, Allspice, Baking Powder. Contains: Egg, Wheat, Walnut
Iced Gingerbread	Applesauce, Enriched Unbleached Flour, Sugar, Canola Oil, Cage-free Eggs, Powdered Sugar, Cream Cheese (Milk, Cheese Cultures, Salt, Guar Gum), Molasses, Ginger, Baking Soda, Butter, Salt, Ground Ginger, Cinnamon, Cloves. Contains: Milk, Egg, Wheat
Coffee Cake	Enriched Unbleached Flour, Brown Sugar, Sugar, Sour Cream, Butter, Cage-free Eggs, Bakers Margarine, Milk, Salt, Vanilla, Cinnamon, Baking Powder. Contains: Milk, Egg, Wheat
Chocolate Chip Cookie with Sea Salt	All-purpose four, brown sugar, sugar, Callebaut chocolate chunks, butter, cage-free eggs, vanilla, baking soda and Maldon sea salt flakes. Contains: Wheat, Milk, Eggs
Gingerbread Cookie	Enriched Unbleached Flour, Brown Sugar, Butter, Cage-free Eggs, Buttermilk, Ginger, Cinnamon, Vanilla, Baking Powder, Baking Soda, Salt, Ground Ginger, Nutmeg, Cloves. Contains: Milk, Egg, Wheat
Guittard Chocolate Brownie (Vegan) (Made without Wheat)	Sugar, Canola Oil, Rice Flour, Water, Vegan Chocolate Chip , Chickpea Flour, Applesauce, Cocoa, Sorghum Flour, Vanilla Extract , Baking Soda, Baking Powder , Salt, Xanthan Gum.
Butter Croissant	High gluten flour, European butter, fresh yeast, milk, sugar, water, cage-free eggs and salt. Contains: Wheat, Milk, Eggs
Single-Origin Chocolate Croissant	Unbleached Wheat Flour (Wheat Flour, Enzymes), Water, Butter (Cream [Milk], Natural Flavor), Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier [Soy Lecithin], Vanilla [Flavor]), Sugar, Whole Milk Powder, Yeast, Sea Salt, Xanthan Gum, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Enzymes, Milk Protein. Contains: Wheat, Milk, Soy
Almond Crown Croissant (with almond frangipane)	Unbleached Wheat Flour (Wheat Flour, Enzymes), Butter (Cream [Milk], Natural Flavor), Water, Sugar, Flan Powder (Sugar, Modified Starch, Whey Powder, Whole Milk Powder, Skimmed Milk Powder, Sodium Alginate), Almonds, Almond Meal, Cage-free Eggs, Yeast, Sea Salt, Xanthan Gum, Ascorbic Acid (Dough Conditioner), Enzymes, Milk Protein, Natural Flavor. Contains: Egg, Milk, Wheat, Almonds
Ham and Aged Swiss Bowtie	Wheat Flour (Wheat Flour, Enzymes), Water, Butter [Cream (Milk), Natural Flavor], Ham (Pork, Water, Sea Salt, Natural Flavors, Sugars), Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes), Sugar, Contains Less Than 2% Of Milk Powder, Yeast, Dough Conditioner (Wheat Flour, Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes), Milk Protein, Sea Salt. Contains: Wheat, Milk
Morning Bun (with orange zest and cinnamon sugar)	Unbleached Wheat Flour (Wheat Flour, Enzymes), Water, Butter (Cream [Milk], Natural Flavor), Sugar, Orange Flavedo (Orange Peel, Sugar, Orange Oil), Dry Whole Milk, Sea Salt, Yeast, Milk Protein, Cinnamon, Xanthan Gum, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Enzymes. Contains: Milk, Wheat
Sweet Cheese Danish	Unbleached Wheat Flour (Wheat Flour, Enzymes), Butter (Cream [Milk], Natural Flavor), Water, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers [Carob Bean, Xanthan Gum, Guar Gum]), Sugar, Milk Protein, Whole Milk Powder, Yeast, Sea Salt, Cage-free Eggs, Xanthan Gum, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Enzymes, Pastry Cream Powder (Corn Starch, Flavor, Salt, Stabilizer), Citric Acid. Contains: Egg, Milk, Wheat