










Warm Breakfast Nutritional Information (DC/MD/VA/IL/NorCal/SoCal/CO)

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. The following nutritional information is provided by our breakfast sandwich supplier and is intended only as an estimate. Peet's bears no responsibility for the accuracy of this information. Data is rounded to meet FDA regulations. Data for vitamins and minerals refers to percentage of US recommended daily intake values. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Warm Breakfast												
Bacon & Cheddar Brioche	150	460	230	26	9	0	175	880	37	1	4	22
Crispy Ham & Swiss	169	370	130	15	9	0	65	1220	37	1	2	24
Egg & Cheese	123	330	150	16	7	0	150	530	28	0	3	16
Roasted Tomato & Kale Quiche	113	330	230	26	15	0	240	380	14	1	1	10
Bacon, Spinach & Swiss Quiche	113	310	190	22	12	0	255	590	10	1	1	17
Chicken Chorizo Flatbread	160	360	180	20	7	0	205	750	23	2	3	23
Turkey Sausage Breakfast Burrito	207	490	230	26	12	0	300	910	40	2	3	23
Veggie Harissa Breakfast Burrito	176	390	150	19	9	0	240	740	38	5	4	16
Turkey Sausage & Cranberry Pretzel Croissant Sandwich	122	470	230	26	13	0	70	740	40	2	12	20

WARM BREAKFAST		Ingredients
Bacon & Cheddar Brioche		craft burger bun: unbleached enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, eggs, sunflower oil, salt, yeast, malted barley flour, fried cage-free egg patty: egg whites, egg yolks, soybean oil, water, contains 2% or less of the following: modified corn starch, salt, black pepper, cellulose gum, natural butter flavor, xanthan gum, citric acid. cheddar cheese: cultured pasteurized milk, salt, enzymes, annatto color. bacon: cured with water, salt, sugar, sodium phosphate, natural flavor (water, natural flavors), sodium diacetate, sodium erythorbate, sodium nitrite. contains wheat, egg, milk
Crispy Ham & Swiss		rustic panini: flour (wheat, malted barley), water, salt, contains less than 2% of each of the following: yeast, monocalcium phosphate, corn starch, mono-diglycerides, potassium iodate, ascorbic acid, enzymes, enriched flour (wheat, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), calcium propionate (preservative), hardwood smoked ham: cured with water, salt, sugar, dextrose, sodium phosphates, sodium erythorbate, sodium nitrite. swiss cheese: pasteurized part-skim milk, cheese culture, salt, enzymes. alfredo sauce: skim milk, water, cream, cream cheese (cream, nonfat dry milk, salt, enzymes), parmesan cheese (cultured milk, salt, enzymes), romano cheese (cultured milk, salt, enzymes), butter (cream, salt) food starch-modified, contains less than 2% of maltodextrin, natural flavors, salt, sodium phosphate, sodium citrate, cellulose gum, cellulose gel, vegetable mono and diglycerides, spice. grand cru cheese: pasteurized cultured milk, salt, enzymes, potato starch and powdered cellulose (to prevent caking). dijon mustard: water, mustard seeds, vinegar, salt, sulfites as a preservative. paprika. ground nutmeg. contains wheat, milk
Egg & Cheese		manchester malt bread: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, ascorbic acid and enzyme (alpha amylase), water, whole wheat flour (whole wheat flour, amylase, ascorbic acid), malted wheat flakes, brown sugar, yeast, salt, pumpkin seeds, malted barley, dextrose, cultured wheat starch, malted wheat flour, ascorbic acid, citric acid and enzymes. fried cage-free egg patty: egg whites, egg yolks, soybean oil, water, contains 2% or less of the following: modified corn starch, salt, black pepper, cellulose gum, natural butter flavor, xanthan gum, citric acid. colby jack cheese: pasteurized milk, cheese cultures, salt, enzymes, annatto coloring. cheddar cheese: pasteurized milk, cheese culture, salt, enzymes, annatto color. contains wheat, egg, milk
Roasted Tomato & Kale Quiche		cage free egg: whole eggs, citric acid, 0.15% water added as carrier for citric acid (preserve color). heavy whipping cream: cream, carrageenan. tomatoes in oil: roasted tomatoes, canola oil, garlic, oregano, salt. gluten-free flour: specialty flour blend (rice flour, tapioca starch), potato starch, whole grain brown rice flour, vitamin and mineral blend (calcium carbonate, niacinamide (vitamin B3), reduced iron, thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2)). smoked fontina cheese: pasteurized milk, cheese culture, salt, enzymes, natural flavors, powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives). quinoa: red quinoa, quinoa, lemon juice (water, concentrated lemon juice), extra virgin olive oil, salt, cumin, black pepper. parmesan cheese: pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking. kale. montmore cheese: pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose (to prevent caking). sodium bicarbonate. dehydrated garlic. sea salt. xanthan gum. cayenne pepper. pan release: high oleic canola oil, soy lecithin, propellant. contains: egg, milk, soy
Bacon, Spinach & Swiss Quiche		cage free egg: whole eggs, citric acid, 0.15% water added as carrier for citric acid (preserve color). plain greek yogurt: nonfat yogurt (cultured pasteurized nonfat milk). contains live and active cultures: S. thermophilus, L. bulgaricus, L. acidophilus, Bifidus and L. casei. heavy whipping cream: cream, carrageenan. swiss cheese: pasteurized part skim milk, cheese cultures, salt and enzymes, powdered cellulose (to prevent caking). gluten-free flour: specialty flour blend (rice flour, tapioca starch), potato starch, whole grain brown rice flour, vitamin and mineral blend [calcium carbonate, niacinamide (vitamin B3), reduced iron, thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2)]. bacon: cured with water, salt, sugar, sodium erythorbate, sodium nitrite. may also contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate. spinach. onion jam: red onion, brown sugar, vinegar (balsamic, distilled & red wine vinegar), corn syrup, red wine, water, canola oil, pectin, orange juice concentrate, blackstrap molasses, salt, black carrot powder, potassium sorbate [preservative], caramel color, tamarind, spices, citric acid. sea salt. ground black pepper. ground nutmeg. pan release: high oleic canola oil, soy lecithin, propellant. contains egg, milk, soy
Chicken Chorizo Flatbread		scrambled cage-free egg patty: whole eggs, water, soybean oil, modified food starch, whey, salt, nonfat dried milk, citric acid. plain lavash: enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, fiber base (wheat gluten, corn starch, oat fiber, soy protein, soybean oil, salt, calcium sulfate, dextrose, whole wheat flour, monoglycerides, fumaric acid), canola oil, sugar, yeast, salt, calcium propionate (mold inhibitor), enzymes. chicken chorizo crumbles: boneless skinless chicken breast meat and thigh meat, water, contains 2% or less of: jalapeno peppers, cilantro, spices, vinegar, natural flavor, onions, kosher salt, paprika, garlic. shredded cheddar monterey jack cheese: cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto (color), monterey jack cheese (pasteurized milk, cheese culture, salt, enzymes), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). contains wheat, egg, milk, soy
Turkey Sausage Breakfast Burrito		turkey sausage omelet: cage free egg omelet: [whole eggs, citric acid (preserve color), 0.15% water added (carrier for citric acid), heavy whipping cream: cream, carrageenan. corn starch. salt: salt, sodium silicoaluminate, dextrose, potassium iodine. cream cheese: cream cheese (pasteurized milk, cheese culture, salt, carob bean gum), sodium caseinate, disodium phosphate, natural flavors, & bha. ground black pepper. pan release (high oleic canola oil, soy lecithin, propellant)]. ascorbic acid. vegetable filling: [turkey sausage crumbles: turkey meat, turkey skins, water, salt, spices, dextrose, spice extractive. potatoes: russet potatoes, disodium dihydrogen pyrophosphate (to promote color retention), dextrose. red bell peppers. monterey jack cheese: pasteurized milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor). onion. hot sauce: water, peppers (arbol & piquin), salt, vinegar, spices, xanthan gum. ground fennel seed. granulated garlic. dried sage]. flour tortilla: enriched bleached wheat flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), contains 2% or less of the following: sugar, salt, baking powder (sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), vital wheat gluten, monoglycerides, potassium sorbate, calcium propionate, and/or sodium propionate (preservative), fumaric acid, dough conditioner (sodium metabisulfite, corn starch, microcrystalline cellulose, dicalcium phosphate). chihuahua cheese: pasteurized whole cow's milk, salt, enzymes, culture, potato starch and powdered cellulose (added to prevent caking). contains: milk, wheat, egg, soy
Veggie Harissa Breakfast Burrito		vegetable omelet: cage free egg omelet: [whole eggs, citric acid (preserve color), 0.15% water added (carrier for citric acid), heavy whipping cream: cream, carrageenan. corn starch. salt: salt, sodium silicoaluminate, dextrose, potassium iodine. cream cheese: cream cheese (pasteurized milk, cheese culture, salt, carob bean gum), sodium caseinate, disodium phosphate, natural flavors, & bha. ground black pepper. pan release (high oleic canola oil, soy lecithin, propellant)]. ascorbic acid. vegetable filling: [sweet potatoes: sweet potatoes, sodium acid pyrophosphate used as a processing aid. red bell peppers. black beans: black beans, water, salt, calcium chloride and ferrous gluconate. kale. goat cheese: pasteurized goat milk, salt, cheese cultures, enzyme. north african green harissa paste: jalapenos, parsley, green onions, canola/olive oil blend, lemon juice, garlic, cilantro, spices, argula and salt. ancho chile with lime paste: bell peppers, canola/olive oil blend, onions, garlic, paprika, lime juice concentrate, ancho chiles, sugar, salt, lime peel, chipotle, oregano, cumin, mustard and black pepper. corn starch. salt: salt, sodium silicoaluminate, dextrose, potassium iodine]. whole wheat wrap: whole wheat flour, water, vegetable shortening (interesterified soybean oil, fully hydrogenated soybean oil), contains 2% or less of the following: salt, dextrose, corn starch, leavening (sodium bicarbonate, sodium aluminum sulfate, sodium aluminum phosphate), fumaric acid, mono- and diglycerides, yeast, preservatives (potassium sorbate, calcium propionate), cmc gum, xanthan gum, enzymes (wheat starch, microcrystalline cellulose), dough conditioner (sodium metabisulfite). muenster cheese: pasteurized milk, cheese culture, salt, enzymes. contains: wheat, milk, egg, soy
Turkey Sausage & Cranberry Pretzel Croissant Sandwich		pretzel croissant: enriched flour (wheat flour, niacin, ascorbic acid added as a dough conditioner, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid), water, palm margarine (palm oil, palm fractions, water, salt, emulsifiers (soy lecithin, distilled monoglycerides), natural butter flavor, citric acid, antioxidant (mixed tocopherol [soy-derived]), vitamin A and beta-carotene for color), rye flour, yeast, sugar, malt powder blend (malted barley flour, wheat flour, dextrose), whey, salt, bread improver blend (enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), corn syrup solids, wheat gluten, wheat fiber, monoglycerides, malted wheat flour, enzymes, contains 2% or less of the following: deactivated yeast, xanthan gum, ascorbic acid), bread improver (enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid], enzymes), white distilled vinegar, calcium propionate. turkey cranberry patty: turkey, cranberries (cranberries, sugar, sunflower oil), maple sugar, contains 2% or less of: sea salt, spices, orange zest puree (chopped orange peels, cane sugar, natural orange flavor), extract of rosemary, cranberry creme: cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (arab bean and/or xanthan and/or guar gums)), brown sugar, unsalted butter (cream), cranberries (cranberries, sugar, sunflower oil [as a processing aid]), water, white balsamic vinegar (wine vinegar, grape must, contains naturally occurring sulphites), guar gum, sea salt, cranberries. muenster cheese: pasteurized milk, cheese culture, salt, enzymes. contains: milk, soy, wheat