

Warm Breakfast Nutritional Information (Portland & Seattle)

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. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	Serving Size (g)	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Warm Breakfast												
Honey Ham, Egg & Cheddar (Lumberjack)	150	330	150	17	6	0	155	800	26	< 1	2	20
Arugula, Egg & Cheddar (Treehugger) (Portland Region Only)	176	360	140	15	6	0	140	640	39	0	< 1	17
Smoked Bacon, Egg & Cheddar (The Startup)	133	330	170	19	7	0	150	630	25	< 1	< 1	18
Sausage, Egg & Pepper Jack (Southpark Cowboy)	193	610	370	41	10	0	200	930	37	1	5	24
Potato, Egg, Bean & Cheddar (Sunrise Breakfast Wrap)	238	510	230	26	9	0	135	900	51	3	4	17
Turkey Cranberry Ciabatta (Holiday Turkey Toasty)	227	490	140	16	3	0	35	1630	64	4	10	24

WARM BREAKFAST	Ingredients
Honey Ham, Egg & Cheddar (Lumberjack)	English Muffin (enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamine mononitrate, riboflavin, folic acid], water, yeast, rice flour, sugar, cornmeal, calcium propionate [preservative], salt, leavening [sodium acid pyrophosphate, baking soda, monocalcium phosphate], soybean oil, wheat gluten, lactic acid, cornstarch, soy lecithin), Cage-Free Fried Egg (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), Honey Ham (ham, water, honey, salt, potassium lactate, corn syrup solids, brown sugar, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite), White Cheddar Cheese (cultured pasteurized milk, salt, enzymes). Contains: egg, milk, soy, wheat
Arugula, Egg & Cheddar (Treehugger) (Portland Region Only)	Fleur de Lis Ciabatta (bread flour, water, yeast, salt), Cage-Free Egg (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), Arugula*, Sharp White Cheddar Cheese (cultured pasteurized milk, salt, enzymes). *Organic. Contains: Wheat, Eggs, Milk
Smoked Bacon, Egg & Cheddar (The Startup)	English Muffin (enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamine mononitrate, riboflavin, folic acid], water, yeast, rice flour, sugar, cornmeal, calcium propionate [preservative], salt, leavening [sodium acid pyrophosphate, baking soda, monocalcium phosphate], soybean oil, wheat gluten, lactic acid, cornstarch, soy lecithin), Cage-Free Fried Eggs (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), White Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Bacon (pork, water, sugar, sodium phosphate, sodium diacetate, sodium erythorbate, flavoring, sodium nitrite). Contains: Wheat, Soy, Eggs, Milk
Sausage, Egg & Pepper Jack (Southpark Cowboy)	Sodo Roll (enriched unbleached wheat flour [wheat flour, ascorbic acid, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, milk, cage-free eggs, cane sugar, expeller pressed canola oil, yeast, sea salt), Breakfast Sausage (pork, water, salt, sugar, sweet paprika, tellicherry black pepper, dextrose, nutmeg, cayenne pepper, sage, thyme), Cage-Free Fried Egg (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), Pepper Jack Cheese (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Molly's Chipotle Mayo (eggless mayo [expeller pressed non-GMO canola oil, water, white vinegar, sugar, salt, modified food starch, pea protein, spice, beta carotene {for color}], chipotles in adobo [water, tomato paste, dried chipotle peppers, distilled vinegar, corn oil, less than 2% of iodized salt {contains potassium iodate}, corn starch, onion powder, garlic powder, spices], minced garlic [garlic, canola oil, citric acid], black pepper). Contains: milk, egg, wheat
Potato, Egg, Bean & Cheddar (Sunrise Breakfast Wrap)	Non-GMO Tortilla (enriched unbleached wheat _our [wheat _our, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, palm oil, expeller pressed canola oil, contains 2% or less of the following: non-GMO leavening [wheat starch, sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], powdered evaporated cane juice [cane sugar], salt, yeast, sodium bicarbonate), Potatoes (potatoes, dextrose, disodium pyrophosphate, potassium sorbate), Cage Free Scrambled Eggs (whole eggs, water, soybean oil, modified food starch, whey, salt, nonfat dried milk, citric acid), Black Beans (black beans, water, sugar, salt, calcium chloride, ferrous gluconate), Sharp White Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Creamy Habanero Dressing (roasted garlic aioli [expeller pressed canola oil, roasted garlic, water, distilled white vinegar, sugar*, salt, modified food starch, spices, cultured dextrose, maltodextrin, dehydrated garlic, pea protein, beta carotene], carrot habanero hot sauce [water, carrots, white wine vinegar, onions, habanero peppers, cane sugar, lime juice concentrate, roasted garlic, salt, xanthan gum]), Cilantro. Contains: Milk, Egg, Wheat
Turkey Cranberry Ciabatta (Holiday Turkey Toasty)	Non-Gmo Ciabatta Roll (Unbleached Untreated Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Sea Salt, Yeast, Malted Barley Flour), Smoked Turkey (Turkey Breast Meat, Water, Salt, Turbinado Sugar, Potato Starch, Baking Soda), Orange Cranberry Sauce (Cranberry, Sugar, Orange Juice, Orange Peel, Cinnamon, Water), Caramelized Onions (Onions, Expeller Pressed Non-Gmo Canola Oil, Vinegar, Salt, Citric Acid), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Dijonnaise (Eggless Mayo [Expeller Pressed Non-Gmo Canola Oil, Water, White Vinegar, Sugar, Salt, Modified Food Starch, Pea Protein, Spice, Beta Carotene {For Color}], Dijon Mustard [Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice], Black Pepper), Fresh Sage. Contains: Milk, Wheat