

## Artisan Baked Goods Nutritional Information (DC/MD/VA)

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</u> Size (g)	<u>Calories</u>	<u>Calories</u> from Fat	<u>Total Fat</u> (g)	<u>Saturated</u> Fat (g)	<u>Trans Fat</u> (g)	<u>Cholester</u> l (mg)	<u>Sodium</u> (mg)	<u>Total</u> Carbohydr ates (g)	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>
<b><u>Muffins:</u></b>												
Blueberry Muffin	140	470	160	18	10	0	105	370	72	2	40	8
Morning Glory Muffin with Coconut (vegan)	143	540	230	25	3	0	0	380	74	3	43	4
Double Chocolate Muffin	120	400	140	16	5	0	60	430	63	3	41	6
<b><u>Scones:</u></b>												
Maple Walnut Scone	105	530	260	29	14	0	75	350	63	2	20	6
Blueberry Scone	105	470	200	22	13	0	75	350	64	1	22	5
Chocolate Chip Scone	100	500	230	25	15	0	70	330	68	2	36	5
Orange Cranberry Scone (vegan)	100	390	130	14	6	0	0	510	62	2	23	5
<b><u>Danish:</u></b>												
Apple Danish	100	320	120	13	8	0	35	340	47	2	20	6
Cinnamon Roll	105	520	210	23	15	1	70	430	68	2	28	9
<b><u>Croissants:</u></b>												
Almond Croissant	95	440	250	28	15	0	85	330	42	2	12	9
Chocolate Croissant	96	400	220	25	15	1	60	300	42	2	11	6
Butter Croissant	79	310	170	20	11	1	60	270	32	< 1	6	5
Ham & Cheese Croissant	100	440	220	24	15	0.5	90	600	36	1	7	18
Crogle -Everything Croissant Bagel	85	440	210	23	14	1	70	600	48	2	8	10
<b><u>Sweet Breads:</u></b>												
Banana Walnut Mini Loaf	95	310	110	12	1.5	0	25	320	49	2	29	4
Lemon Mini Loaf	130	510	240	27	13	0	140	460	63	< 1	30	5
Iced Pumpkin Mini Loaf	150	420	150	17	4.5	0	55	370	52	1	29	5
Coffee Cake Mini Loaf	75	360	140	16	10	0	70	250	49	< 1	25	4
<b><u>Cookies &amp; Brownies:</u></b>												
Chocolate Chip Cookie	83	440	140	15	8	0	25	340	74	3	40	7
Brownie	100	450	220	26	15	0.5	70	220	50	3	46	4

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### Muffins:

Blueberry Muffin	Sugar, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Cream, Natural Flavoring), Milk Whole (Milk, Vitamin D3 Added), Cage-Free Egg, Blueberry, Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Sugar, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Sea Salt, Water, Alcohol (32%), And Benzaldehyde. Contains: Milk, Egg, Wheat, Soy
Morning Glory Muffin with Coconut (vegan)	Dough Muffin Morning Glory Vegan (Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), King Sugar, Canola Oil, Carrots, Banana (Banana, Ascorbic Acid), Raisin, Coconut Flakes (Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite), Apple, Curaçao (Alcohol, Brandy Of Wine, Orange Aroma, Gelling Agent E466), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Cinnamon, Baking Soda (Sodium Bicarbonate), Salt (Salt, Yellow Prussiate Of Soda), Egg Substitute (Potato Starch, Tapioca Flour, Leavening (Calcium Lactate, Calcium Carbonate, Citric Acid), Cellulose Gum Modified Cellulose)), Topping Muffin Morning Glory (Brown Sugar, King Sugar, Sugar, Coconut Flakes (Coconut, Sugar, Water, Propylene Glycol, Salt, Sodium Metabisulfite), Cinnamon). Contains: Wheat, Coconut
Double Chocolate Muffin	Sugar, Water, Sour Cream (Cultured Cream, Whey, Food Starch-Modified (Corn), Sodium Tripolyphosphate, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate), Cage-Free Whole Eggs, High Gluten Flour, All Purpose Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cocoa Powder (High Fat Cocoa Processed With Alkali), Canola Oil, Semi Sweet Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Butterfat (Milk), Soy Lecithin, Natural Flavor), Baking Powder (Cornstarch, Sodium Bicarbonate, Monocalcium Phosphate, Sodium Acid Pyrophosphate), Vanilla Extract (Madagascar Bourbon Vanilla Bean Extractives In Water, Glycerine, Ethyl Alcohol, Sugar, Natural Flavor), Sea Salt, Baking Soda (Sodium Bicarbonate), Coffee Extract (Water, Caramel (Wheat Glucose Syrup, Water, Sugar), Sugar, Coffee Extract, Propylene Glycol, Artificial Flavor). Contains: Milk, Egg, Wheat, Soy

### Scones:

Maple Walnut Scone	Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Maple Glaze (Powdered Sugar (Sugar, Cornstarch), Half And Half (Milk, Cream), Maple Extract (Water, Caramel Color, Alcohol (12%), Vanilla Extract (Vanilla Bean Extractives In Water, Alcohol, Corn Syrup), Molasses Solids, Corn Syrup Solids, Natural And Artificial Flavors, Sugar, Sulfiting Agents), Sea Salt), Butter (Cream, Natural Flavoring), Walnut, Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Cage-Free Egg, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Maple Extract (Water, Caramel Color, Alcohol (12%), Vanilla Extract (Vanilla Bean Extractives In Water, Alcohol, Corn Syrup), Molasses Solids, Corn Syrup Solids, Natural And Artificial Flavors, Sugar, Sulfiting Agents), Sea Salt. Contains: Milk, Egg, Wheat, Soy, Walnut
Blueberry Scone	Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Vanilla Glaze (Powdered Sugar (Sugar, Cornstarch), Half And Half (Milk, Cream), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Sea Salt), King Sugar, Soaked Blueberries (King Sugar, Dried Blueberry, Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar)), Butter (Cream, Natural Flavoring), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Cage-Free Egg, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Sea Salt. Contains: Milk, Egg, Wheat, Soy
Chocolate Chip Scone	Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Turbinado Sugar, King Sugar, Semi Sweet Chocolate (Sugar, Chocolate, Cocoa Butter, Milk-Fat, Soy Lecithin, Vanillin, Artificial Flavor, Milk), Butter (Cream, Natural Flavoring), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Cage-Free Egg, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Sea Salt. Contains: Milk, Egg, Wheat, Soy
Orange Cranberry Scone (vegan)	Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Coconut Milk, Margarine Sub (Palm Oil, Soybean Oil, Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate, Citric Acid, Natural And Artificial Flavor, Beta Carotene, Vitamin A, Palmitate Added), Sugar, King Sugar, Lemon Juice, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Orange Zest, Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Dried Cranberries (Cranberries, Sugar, Sunflower Oil, Citric Acid, Aronia Juice Concentrate), Sea Salt. Contains: Wheat, Soy, Coconut

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### Danish:

- Apple Danish  
Croissant Dough (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Butter (Pasteurized Cream), King Sugar, Nonfat Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Malt Syrup (Malt), Yeast, Sea Salt, Butter (Cream, Natural Flavoring)), Apple Mix (Apple, Brown Sugar, Pastry Cream Powder (Maize Starch, Flavoring, Salt, Stabilizer Sodium Phosphates, Coloring Carotene), Water, Sea Salt). Contains: Milk, Egg, Wheat, Soy
- Cinnamon Roll  
High Gluten Flour, Water, Butter (Pasteurized Cream), Sugar, Powdered Sugar (Sugar, Cornstarch), Organic Brown Sugar (Organic Cane Sugar, Organic Cane Syrup), Cage-Free Whole Eggs, Butter (Cream, Natural Flavoring), Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Malt Syrup (Malted Barley Extract), Ground Cinnamon, Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Sea Salt. Contains: Milk, Egg, Wheat, Soy

### Croissants:

- Almond Croissant  
Dough Croissant (Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream), Sugar, Butter (Cream, Natural Flavoring), Nonfat Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Yeast, Salt (Sodium Silicoaluminate, Dextrose, Potassium Iodide), Dough Improver (Wheat Flour, Malted Barley Flour, Ascorbic Acid, Enzymes)), Cream Almond (Egg, Sugar, Butter (Cream, Natural Flavoring), Almond Flour (Almonds)), Almonds Blanched, Cage-Free Egg, Snow Sugar (Dextrose, Maize Starch, Hardened Vegetable Fat, Flavoring - Vanilin), Almond Flavour (Capric/Caprylic Triglycerides). Contains: Milk, Egg, Wheat, Almond
- Chocolate Croissant  
Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Butter (pasteurized cream), Dark chocolate (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin, vanilla), Sugar, Milk Powder (nonfat dry milk, vitamin A palmitate, vitamin D3), Cage-Free Egg (whole egg, citric acid), Yeast, Salt, Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg, soy
- Butter Croissant  
Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Butter (pasteurized cream), Sugar, Milk Powder (nonfat dry milk, vitamin A palmitate, vitamin D3), Cage-Free Egg (whole egg, citric acid), Yeast, Salt, Cage-Free Egg yolk, Heavy Cream (Cream (milk), disodium phosphate, gellan gum). Contains: wheat, milk, egg
- Ham & Cheese Croissant  
High Gluten Flour, Ham (Cured With Water, Salt, Dextrose, Sugar, Potassium Lactate, Modified Potato Starch, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Cheese Swiss (Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes), Water, Butter (Pasteurized Cream), Cage-Free Whole Egg, Sugar, Butter (Cream, Natural Flavoring), Malt Syrup (Malted Barley Extract), Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Italian Seasoning (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil), Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Sea Salt. Contains: Milk, Egg, Wheat, Soy
- Crogle -Everything Croissant Bagel  
High Gluten Flour, Water, Butter (Pasteurized Cream), Cage-Free Whole Egg, Sugar, Everything Bagel Seasoning (Sesame Seeds, Black Sesame Seeds, Poppy Seeds, Garlic, Onion, Salt), Butter (Cream, Natural Flavoring), Malt Syrup (Malted Barley Extract), Dry Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Sea Salt. Contains: Milk, Egg, Wheat, Soy, Sesame

### Sweet Breads & Rolls:

- Banana Walnut Mini Loaf  
Dough Sweet Bread Banana Walnut (Banana (Banana, Ascorbic Acid), Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), King Sugar, Cage-Free Egg, Canola Oil, Walnut, Baking Soda (Sodium Bicarbonate), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt (Salt, Yellow Prussiate Of Soda), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar)), Glaze Sweet Bread Banana (Brown Sugar, Walnut, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene, Vitamin A, Palmitate), Cinnamon, Salt (Salt, Yellow Prussiate Of Soda)). Contains: Milk, Egg, Wheat, Soy, Walnut

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Lemon Mini Loaf

Dough Sweet Bread Lemon (King Sugar, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Heavy Cream (Milk, Mono And Diglycerides, Polysorbate 80, Carrageenan), Cage-Free Egg Yolk, Cage-Free Egg, Lemon Zest, Lemon Extract (Water, Alcohol, Lemon Oil), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt (Salt, Yellow Prussiate Of Soda), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar)), Lemon Icing (Powdered Sugar (Sugar, Cornstarch), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Lemon Juice, Sea Salt). Contains: Milk, Egg, Wheat, Soy

Iced Pumpkin Mini Loaf

Dough Sweet Bread Pumpkin Bourbon (Brown Sugar, Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Pumpkin, Cage-Free Egg, Canola Oil, Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Whisky, Baking Soda (Sodium Bicarbonate), Salt (Salt, Yellow Prussiate Of Soda), Cinnamon, Ginger Dried, Cardamom, Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar)), Cream Cheese Icing (Powdered Sugar (Sugar, Cornstarch), Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Mono-And Diglycerides, Soy Lecithin, Sodium Benzoate, Artificial Flavor, Beta Carotene , Vitamin A, Palmitate), Vanilla (Madagascar Bourbon Vanilla Extractives In Water, Glycerin, Ethyl Alcohol, And Sugar), Sea Salt). Contains: Milk, Egg, Wheat, Soy

Coffee Cake Mini Loaf

Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter (Cream, Natural Flavoring), Sour Cream (Cultured Cream, Enzymes), Sugar, Brown Sugar (Organic Cane Sugar, Organic Molasses), Cage-Free Whole Egg, Snow Sugar (Dextrose, Maize Starch, Hardened Vegetable Fat, Flavoring - Vanilin), Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Sea Salt, Cinnamon, Baking Soda (Sodium Bicarbonate). Contains: Milk, Egg, Wheat, Soy

### **Cookies & Brownies:**

Chocolate Chip Cookie

Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat (milk), soy lecithin (added as an emulsifier), vanilla), Brown sugar, Sugar, Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Cage-Free Egg (whole egg, citric acid), Vanilla, Baking soda (Sodium bicarbonate), Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Kosher Salt. Contains: wheat, milk, egg, soy

Brownie

Semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, butterfat (milk), soy lecithin (added as an emulsifier), vanilla), Margarine Butter (vegetable oil blend (palm oil and soybean oil), butter (cream, salt), salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Sugar, Cage-Free Egg (whole egg, citric acid), Flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Coffee extract, Vanilla, Baking powder (Corn starch, Bicarbonate of soda, Sodium aluminium sulfate, acid phosphate of calcium), Kosher Salt. Contains: wheat, milk, egg, soy