

Artisan Baked Goods Nutritional Information (Oregon)

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	142	330	80	9	1.5	0	95	410	58	0	36	5
Almond Poppy Seed Muffin	142	370	110	13	2	0	105	460	58	0	33	7
Raspberry Dessert Scone	120	350	110	12	6	0	15	510	55	0	21	6
Lemon Poppy Seed Ginger Scone	128	430	150	17	8	0	0	730	64	0	26	6
Chocolate Hazelnut Scone	130	450	240	27	13	0	80	510	60	2	19	9
Iced Pumpkin Scone (Limited Time Offer)	123	430	180	20	10	0	15	610	57	2	26	6
Butter Croissant	108	430	220	25	15	0.5	65	640	41	1	4	8
Almond Croissant	115	470	250	28	13	0.5	60	580	46	1	11	9
Chocolate Croissant	108	440	230	26	15	0.5	60	580	44	1	10	7
Iced Lemon Bread	85	240	70	8	2	0	60	270	40	0	26	3
Carrot Zucchini Bread	85	290	130	15	1	0	35	200	34	1	21	4
Pumpkin Bread (Limited Time Offer)	85	240	60	7	0.5	0	25	170	43	2	28	3
Iced Gingerbread (Limited Time Offer)	85	310	120	14	1.5	0	20	210	45	0	28	4
Coffee Cake	125	480	220	24	6	0	80	380	63	1	40	5
Mini Pecan Sticky Bun	43	160	90	10	4.5	0	20	60	17	1	4	2
Merendine Bun	127	510	230	26	15	0.5	50	660	61	1	24	7
Marionberry Cream Cheese Cup	150	490	230	25	13	0	35	500	58	2	23	6
Oatmeal Raisin Cookie	113	460	160	18	8	0	50	320	70	1	27	6
Chocolate Chip Cookie	113	490	210	23	14	0.5	70	590	68	1	40	5
Gingerbread Person Cookie (Limited Time Offer)	85	340	120	14	8	0	50	45	50	0	21	5
Chocolate Brownie (vegan)	120	440	130	14	4.5	0	0	290	74	1	47	4
Bagel	128	370	15	1.5	0	0	0	780	75	2	0	13
Bagel & Cream Cheese	156	440	70	8	4	0	20	880	77	2	2	14
Everything Bagel	140	410	25	2.5	0	0	0	880	80	4	3	14
Everything Bagel & Cream Cheese	168	480	80	9	4	0	20	980	82	4	5	15

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Ingredients:

Blueberry Muffin	Sugar, Bleached Enriched Wheat Flour(Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Modified Food Starch, Dried Whey, Palm Oil, Leavening,(Sodium Aluminum Phosphate, Sodium Bicarbonate), Emulsifier Blend (Propylene, Glicol Mono Ester, Soybean Oil, Mono and Diglycerides, Lecithin, BHA, Citric Acid), Wheat Gluten, Salt, Artificial Flavor, Sodium Stearoyl Lactylat, Cage-Free Whole Egg, soybean oil, Blueberries., Water, Crystal sugar (Sugar, Carnauba Wax) CONTAINS: Eggs, Milk, Soy, Wheat
Almond Poppy Seed Muffin	Sugar, Bleached Enriched Wheat Flour(Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Modified Food Starch, Dried Whey, Palm Oil, Leavening,(Sodium Aluminum Phosphate, Sodium Bicarbonate), Emulsifier Blend (Propylene, Glicol Mono Ester, Soybean Oil, Mono and Diglycerides, Lecithin, BHA, Citric Acid), Wheat Gluten, Salt, Artificial Flavor, Sodium Stearoyl Lactylat, Cage-Free Whole Egg, soybean oil, Water, Sliced Almonds, Poppy Seed, Almond Extract. CONTAINS: Eggs, Milk, Nuts, Soy, Wheat
Raspberry Dessert Scone	Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, rivoflavin and folic acid), raspberries, buttermilk(milk), sugar, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, artificialy colored with beta-carotene , vitamin A palmitate added), butter (milk [cream]), crystal sugar (sugar, carnauba wax), baking powder, sea salt, water CONTAINS: Milk, Soy, Wheat
Lemon Poppy Seed Ginger Scone	Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, rivoflavin and folic acid), Buttermilk Lowfat, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Sugar Granulated, Crystallized Ginger (Ginger Roots, Cane Sugar), cane sugar, corn starch, Leavening Agents, Baking Powder, Poppy Seed, Water, Baking Soda, corn syrup, lemon oil, Salt CONTAINS: Milk, Soy, Wheat
Chocolate Hazelnut Scone	Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Heavy Cream (Milk), Margarine (Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate [Preservative], Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate), Sugar, Cage-Free Eggs, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (an emulsifier), Vanilla), Hazelnuts, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Cane Sugar, Natural Flavor, Extractives From Whole Madagascar Vanilla Beans), Sea Salt, Cocoa Powder (High Fat Cocoa Processed With Potassium Carbonate). Contains: Egg, Hazelnuts, Milk, Soy, Wheat
Iced Pumpkin Scone (Limited Time Offer)	Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Buttermilk Lowfat, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, pumpkin, Sugar Granulated, cane sugar, corn starch, Butter, sugar, water, high fructose corn syrup, corn syrup, vegetable shortening (palm oil), soy oil, artificial color, agar, potassium sorbate (preservative), soy lecithin, salt, natural and artificial flavor, citric acid, mono and diglycerides, locust bean gum., heavy cream, Leavening Agents, Baking Powder., Vanilla Extract, Baking Soda, Ginger, Cinnamon, Spices, Cloves, Ground, Nutmeg, Allspice, Sugar, Orange Juice Concentrate, Glucose Syrup, Modified Waxy Maize Starch, Acidifier (citric acid), Flavour (blood oranges), thickening agent (locust bean gum, guar gum), colour (paprika extract), Gelling Agent (Pectin), Salt. CONTAINS: Milk, Soy, Wheat
Butter Croissant	Milk, 2% Milkfat,, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), wheat flour, Vitamin C (Ascorbic Acid added as a dough conditioner), Enzyme (added for improved baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Butter, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Cage-Free Egg Whole, fresh yeast, Sugar Granulated, pastry flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Wheat Flour, Datem, Dextrose, Soybean oil, Ascorbic Acid, Enzyme. CONTAINS: Eggs, Milk, Soy, Wheat
Almond Croissant	Milk, 2% Milkfat,, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), wheat flour, Vitamin C (Ascorbic Acid added as a dough conditioner), Enzyme (added for improved baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Butter, Almond paste (almonds, sugar, water, potassium sorbate (preservative), natural and artificial flavor)., palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Cage-Free Egg Whole, Sliced Almonds, cane sugar, corn starch, fresh yeast, Sugar Granulated, pastry flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Wheat Flour, Datem, Dextrose, Soybean oil, Ascorbic Acid, Enzyme. CONTAINS: Eggs, Milk, Almonds, Soy, Wheat
Chocolate Croissant	Milk, 2% Milkfat,, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), wheat flour, Vitamin C (Ascorbic Acid added as a dough conditioner), Enzyme (added for improved baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Butter, Sugar, chocolate liquor, cocoa butter, anhydrous dextrose, soy lecithin (an emulsifier), and vanilla., palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Egg Whole, fresh yeast, Sugar Granulated, pastry flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Wheat Flour, Datem, Dextrose, Soybean oil, Ascorbic Acid, Enzyme. CONTAINS: Eggs, Milk, Soy, Wheat

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Iced Lemon Bread	Sugar, Bleached Enriched Wheat Flour(Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Modified Food Starch, Dried Whey, Palm Oil, Leavening,(Sodium Aluminum Phosphate, Sodium Bicarbonate), Emulsifier Blend (Propylene, Glicol Mono Ester, Soybean Oil, Mono and Diglycerides, Lecithin, BHA, Citric Acid), Wheat Gluten, Salt, Artificial Flavor, Sodium Stearoyl Lactylat, Cage-Free Egg Whole, soybean oil, Water, cane sugar, corn starch, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers, (xanthan and/or carob bean gum and/or guar gum).), sugar, water, high fructose corn syrup, corn syrup, vegetable shortening (palm oil), soy oil, artificial color, agar, potassium sorbate (preservative), soy lecithin, salt, natural and artificial flavor, citric acid, mono and diglycerides, locust bean gum., palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Butter, lemon oil, Lemon Concentrate. CONTAINS: Eggs, Milk, Soy, Wheat
Carrot Zucchini Bread	Carrot, Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Canola oil, Sugar, Cage-Free Eggs (pasteurized), Brown sugar (sugar, invert sugar and cane molasses), Zucchini, Raisins, Nuts (walnuts and/or pecans), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sodium bicarbonate, Sea Salt, Cinnamon. CONTAINS: Egg, tree nuts (walnuts/pecans)
Pumpkin Bread (Limited Time Offer)	Brown sugar (sugar, invert sugar and cane molasses), Pumpkin, Pastry Flour (unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid),Cage-Free Eggs (pasteurized), Canola oil, Milk with vitamin A Palmitate and Vitamin D3, Raisins, Sodium bicarbonate, Cinnamon, Sea Salt, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Ginger, Nutmeg, Allspice. Contains milk, egg, wheat.
Iced Gingerbread (Limited Time Offer)	Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Buttermilk (cultured lowfat milk, fat free milk solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), Canola oil, Brown sugar (sugar, invert sugar and cane molasses), Sugar, Cage-Free Eggs (pasteurized), Crystalized Ginger (ginger roots, cane sugar), Molasses (cane syrup), Powdered sugar (sugar, cornstarch), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Sodium bicarbonate, Icing (Liquid sugar, corn syrup, sugar, partially hydrogenated soybean and cottonseed oils, contains 2% or less of the following: water, titanium dioxide (color), salt, propylparaben, propylene glycol, natural and artificial flavors; heliotrophine, hydrochloric acid), Unsalted butter (milk), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Ginger, Sea Salt, Orange extract (alcohol, orange oil, water). Allergens: Contains milk, egg, wheat, soy.
Coffee Cake	Satin Cake (Sugar, Bleached Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil, Modified Food Starch, Dried Whey [Milk], Contains 2% Or Less Of The Following: Palm Oil, Leavening [Sodium Aluminum Phosphate, Sodium Bicarbonate], Emulsifier Blend [Propylene Glycol Monoester, Mono and Diglycerides, Soy Lecithin, Citric Acid], Salt, Wheat Gluten, Artificial Flavor, Sodium Stearoyl Lactylate), Cage-Free Whole Eggs, Soybean Oil, Water, Sugar, Sucrose (Brown Sugar), Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate [Preservative], Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate), Rolled Oats, Cinnamon. CONTAINS: Egg, Milk, Soy, Wheat
Mini Pecan Sticky Bun	Butter, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), pastry flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Milk, 2% Milkfat., Brown sugar (invert sugar and cane molasses), walnut, Pecans, Palm oil, Sugar, Dextrose, Soy oil, Mono and Diglycerides, Cage-Free Dried Whole Eggs, 2% or less of: Sodium Stearoyl Lactylate (SSL),natural and artificial flavor, Guar Gum, Polysorbate 60, Xanthan Gum, Corn Flour, Enzymes, Beta Carotene (color), Honey, Water, Cage-Free Egg Whole, fresh yeast, Sugar Granulated, invert sugar, Wheat Flour, Datem, Dextrose, Soybean oil, Ascorbic Acid, Enzyme, Salt, Cinnamon. CONTAINS: Eggs, Milk, Nuts, Soy, Wheat
Merendine Bun	Milk, 2% Milkfat, Wheat Flour (Unbleached Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Riboflavin, Folic Acid, Enzyme Added For Improved Baking), Wheat Flour, Vitamin C (Ascorbic Acid Added As A Dough Conditioner), Enzyme (Added For Improved Baking), Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Butter, Sugar Granulated, Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate (Preservatives), Artificial Flavor, Beta-Carotene (Coloring) And Vitamin A Palmitate Added, Cane Sugar, Corn Starch, Fresh Yeast, Pastry Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Vanilla Extract, Wheat Flour, Datem, Dextrose, Soybean Oil, Ascorbic Acid, Enzyme. Contains: Milk, Soy, Wheat.
Marionberry Cream Cheese Cup	Wheat Flour (Unbleached Wheat Flour, Ascorbic Acid Added As A Dough Conditioner, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme Added For Improved Baking), Margarine (Palm Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate (Preservatives), Artificial Flavor, Artificially Colored With Beta-Carotene , Vitamin A Palmitate Added), Pastry Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Cream Cheese (Milk, Cream, Cheese Culture, Salt, Carob Bean Gum), Modified Food Starch, Palm Oil, Salt, Lactic Acid, Titanium Dioxide (Color), Potassium Sorbate (Preservative), Natural Flavor, Mono-And Diglycerides., Blackberries, Water, High Fructose Syrup, Sugar, Modified Food Starch, Natural And Artificial Flavors, Sodium Citrate, Salt, Sodium Benzoate, (Preservative), Potassium Sorbate (Preservative), Citric Acid And FD&C Blue 1, Milk, 2% Milkfat., Butter (Milk [Cream]), Powder Sugar (Cane Sugar, Corn Starch), Water, Water, Glucose Syrup, Sugar, Pectin E440, Carageenan, Citric Acid E330, Sodium Citrate E331, Potassium Sorbate E202, Sugar, Cage-Free Eggs, Fresh Yeast, Dough Improver (Vegetable Gums (Gum Arabic And/Or Guar Gum), Wheat Flour, Enzymes), Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Rivoflavin And Folic Acid), Invert Sugar, Sea Salt, Corn Syrup, Dough Conditioner (Wheat Flour, Dextrose, Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides). CONTAINS: Egg, Milk, Soy, Wheat

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Oatmeal Raisin Cookie	Raisins, Brown sugar (invert sugar and cane molasses), Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), rolled oats, Sugar Granulated, palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added, Butter, Cage-Free Whole Egg, Coconut (with Sodium Metabisulfite to Retains Freshness), Baking Soda, Leavening Agents, Baking Powder, Vanilla Extract, Salt CONTAINS: Eggs, Soy, Wheat
Chocolate Chip Cookie	Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Butter (Milk [Cream]), Granulated Sugar, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (an emulsifier), Vanilla), Sucrose (Brown Sugar), Pastry Flour (Wheat Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Cage-Free Whole Eggs, Baking Soda (Sodium Bicarbonate), Sea Salt, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives). CONTAINS: Egg, Milk, Soy, Wheat
Gingerbread Person Cookie (Limited Time Offer)	Unsalted butter (milk), Brown sugar (sugar, invert sugar and cane molasses), Cage-Free Eggs (pasteurized), Molasses (cane syrup), Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Ginger, Clove, Sodium bicarbonate, Cinnamon, Sea Salt. Contains milk, eggs, wheat.
Chocolate Brownie (vegan)	Brownie Base (Sugar, Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, And Folic Acid], Cocoa [Processed With Alkali], Palm Oil, Dextrose, Salt, Natural Flavor, Soy Lecithin), Water, Soybean Oil. Contains: Soy, Wheat
Bagel	Wheat flour (wheat flour, unbleached, asorbic acid, lavin, niacin, folic acid), water, brown sugar, dry malt, fresh yeast, natural enzymes. Contains: Wheat, Soy.
Bagel & Cream Cheese	Bagel: Wheat flour (wheat flour, unbleached, asorbic acid, lavin, niacin, folic acid), water, brown sugar, dry malt, fresh yeast, natural enzymes. Cream Cheese: Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Citric Acid, Carob Bean Gum, Xanthan Gum, Natamycin (A Natural Mold Inhibitor). Contains: Wheat, Soy, Milk
Everything Bagel	Wheat Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Ascorbic Acid Added As A Dough Conditioner, Enzyme Added For Improved Baking), Water, Brown Sugar, Sea Salt, Dry Malt (Malted Barley Flour, Wheat Flour, Dextrose), Poppy Seeds, Sesame Seeds, Garlic, Onion, cultured wheat starch, (Cultured Wheat Starch, Enriched Wheat Flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Citric Acid), Fresh Yeast, enzymes (enriched wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes). Contains: Wheat, Sesame
Everything Bagel & Cream Cheese	Bagel: Wheat Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Ascorbic Acid Added As A Dough Conditioner, Enzyme Added For Improved Baking), Water, Brown Sugar, Sea Salt, Dry Malt (Malted Barley Flour, Wheat Flour, Dextrose), Poppy Seeds, Sesame Seeds, Garlic, Onion, cultured wheat starch, (Cultured Wheat Starch, Enriched Wheat Flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Citric Acid), Fresh Yeast, enzymes (enriched wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes). Cream Cheese: Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Citric Acid, Carob Bean Gum, Xanthan Gum, Natamycin (A Natural Mold Inhibitor). Contains: Wheat, Sesame, Milk