

Warm Food 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 Food												
Honey Ham, Egg & Cheddar (Lumberjack)	150	300	130	14	6	0	155	670	25	2	3	19
Arugula, Egg & Cheddar (Treehugger) (Portland Region Only)	130	300	130	14	6	0	135	590	30	1	1	14
Smoked Bacon, Egg & Cheddar (The Startup)	136	310	140	16	7	0	145	590	24	2	2	17
Sausage, Egg & Pepper Jack (Southpark Cowboy)	198	730	460	51	19	0	235	910	42	1	10	23
Potato, Egg, Bean & Cheddar (Sunrise Breakfast Wrap)	238	490	210	23	6	0	135	850	53	3	2	18
Truly Plant-Based Breakfast Sandwich	198	460	250	28	8	0	0	1100	35	3	1	18
Turkey Cranberry Ciabatta (Holiday Turkey Toasty)	238	490	140	16	3	0	35	1630	64	4	10	24

WARM FOOD	Ingredients
Honey Ham, Egg & Cheddar (Lumberjack)	English Muffin (water, enriched unbleached wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], whole wheat flour, yeast, vital wheat gluten, contains 2% or less of the following: cornmeal, salt, distilled vinegar, soybean oil, sugar, yeast nutrients [ammonium sulfate], ascorbic acid, calcium sulfate, enzymes, potassium sorbate, calcium propionate), Cage-Free Scrambled Eggs (whole eggs, water, soybean oil, modified food starch, whey, salt, nonfat dried milk, citric acid), Hickory Smoked Honey Ham (pork, water, honey, sea salt, natural flavorings, turbinado sugar, celery powder, sodium carbonate), Sharp White Cheddar Cheese (cultured pasteurized milk, salt, enzymes). Contains: milk, egg, wheat
Arugula, Egg & Cheddar (Treehugger) (Portland Region Only)	Non-GMO Ciabatta Bun (unbleached untreated enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, sea salt, canola oil, yeast, malted barley flour), Cage-Free Scrambled Eggs (whole eggs, water, soybean oil, modified food starch, whey, salt, nonfat dried milk, citric acid), Sharp White Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Arugula. Contains: milk, egg, wheat
Smoked Bacon, Egg & Cheddar (The Startup)	English Muffin (water, enriched unbleached wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], whole wheat flour, yeast, vital wheat gluten, contains 2% or less of the following: cornmeal, salt, distilled vinegar, soybean oil, sugar, yeast nutrients [ammonium sulfate], ascorbic acid, calcium sulfate, enzymes, potassium sorbate, calcium propionate), Cage-Free Scrambled Eggs (whole eggs, water, soybean oil, modified food starch, whey, salt, nonfat dried milk, citric acid), Sharp White Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Bacon (pork, water, salt, sugar, cultured celery powder, natural flavoring). Contains: milk, egg, wheat
Sausage, Egg & Pepper Jack (Southpark Cowboy)	Brioche Bun (unbleached enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], water, unsalted butter [cream (milk), natural flavor], whole eggs, sugar, invert sugar, yeast, salt, sunset glaze [water, vegetable proteins, vegetable oil, less than 1% of dextrose, maltodextrins, starch], dough conditioner [wheat flour, malted barley flour, ascorbic acid, enzymes]), Pork Sausage (pork, water, salt, spices, sugar, dextrose, natural flavoring, lime juice concentrate), Cage-Free Scrambled Eggs (whole eggs, water, soybean oil, modified food starch, whey, salt, nonfat dried milk, citric acid), Pepper Jack Cheese (cultured pasteurized milk, jalapeno peppers, salt, enzymes), Eggless Chipotle Mayo (expeller pressed canola oil, water, evaporated cane juice*, white distilled vinegar, salt, tomato paste, modified food starch, spices, natural smoke flavor, pea protein, cultured dextrose and maltodextrin, paprika [for color]). Contains: milk, egg, wheat
Potato, Egg, Bean & Cheddar (Sunrise Breakfast Wrap)	Non-GMO Tortilla (enriched wheat flour [wheat flour, vitamin c, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, non-GMO expeller pressed canola oil, contains less than 2% of the following: salt, baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], yeast, guar gum), Potatoes (diced potatoes, dextrose, potassium sorbate, disodium pyrophosphate), Cage-Free Scrambled Eggs (whole eggs, water, soybean oil, modified food starch, whey, salt, nonfat dried milk, citric acid), Black Beans (black beans, water, 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
Truly Plant-Based Breakfast Sandwich	English Muffin (water, enriched unbleached wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], whole wheat flour, yeast, vital wheat gluten, contains 2% or less of the following: cornmeal, salt, distilled vinegar, soybean oil, sugar, yeast nutrients [ammonium sulfate], ascorbic acid, calcium sulfate, enzymes, potassium sorbate, calcium propionate), JUST Egg (water, mung bean protein isolate, expeller pressed canola oil, corn starch, contains less than 2% of baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], dehydrated garlic, dehydrated onion, natural carrot extractives [color], natural turmeric extractives [color], salt, transglutaminase), Impossible Meatless Sausage Patty (water, soy protein concentrate, sunflower oil, coconut oil, 2% or less of: methylcellulose, natural flavors, salt, yeast extract, cultured dextrose, food starch modified, citric acid, soy leghemoglobin, mixed tocopherols, soy protein isolate, spices, onion powder, garlic powder, vitamins & minerals: zinc gluconate, niacin, pyridoxine hydrochloride [vitamin b6], riboflavin [vitamin b2], vitamin b12), Chao Cheese (filtered water, coconut oil, modified corn & potato starch, potato starch, fermented chao tofu [soybeans, water, salt, sesame oil, calcium sulfate], sea salt, natural flavor, olive extract, beta carotene), 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). Contains: Wheat, Soy, Coconut
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, Canola Oil, Yeast, Malted Barley Flour), Turkey (Turkey Breast, Turkey Broth And 2% Or Less Of: Salt, Natural Flavors, Yeast Extract, Sugar, Carrageenan [From Seaweed]), Orange Cranberry Sauce (Cranberry, Sugar, Orange Juice, Orange Peel, Cinnamon, Water), Caramelized Onions (Onions, Expeller Pressed Non-Gmo Canola Oil, Vinegar, Salt, Citric Acid), Eggless Dijon Mayo (Expeller Pressed Canola Oil, Dijon Mustard [Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spices], Water, White Distilled Vinegar, Evaporated Cane Juice, Salt, Modified Food Starch, Cultured Dextrose And Maltodextrin, Spices, Pea Protein, Xanthan Gum), Provolone Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Fresh Sage. Contains: Milk, Wheat