

Artisan Baked Goods Nutritional Information (Seattle)

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</u> (g)	<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>
Almond Poppy Seed Muffin	142	530	260	28	4	0	95	460	58	4	28	10
Blueberry Cream Cheese Muffin	142	460	200	22	6	0	90	460	58	2	32	6
Raspberry Dessert Scone	142	430	140	16	8	0.5	25	510	65	3	23	7
Pumpkin Scone (Limited Time Offer)	123	430	180	20	10	0	15	610	57	2	26	6
Butter Croissant	79	260	130	14	9	0	35	15	28	2	5	5
Almond Croissant	141	510	240	26	12	0	60	360	61	3	35	7
Chocolate Croissant	79	300	100	11	10	0	50	230	31	0	8	8
Blueberry Danish	108	260	120	14	8	0	30	300	44	2	18	6
Cinnamon Roll	134	460	140	16	6	0	30	520	70	2	32	8
Banana Walnut Bread	85	250	50	6	3.5	0	30	115	40	2	27	4
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
Chocolate Chunk Cookie	86	360	140	16	7	0	20	200	54	0	36	4
Oatmeal Raisin Cookie	86	360	140	14	6	0	10	340	54	4	28	6
Sour Cream Coffee Cake	142	520	220	26	4	0	80	420	66	2	40	6
Bagel	113	270	10	1	0	0	0	580	57	2	5	9
Bagel & Cream Cheese	141	340	60	7	4	0	20	680	59	2	7	10
Everything Bagel	121	310	40	3	0	0	0	590	58	2	6	10
Everything Bagel & Cream Cheese	149	380	90	9	4	0	20	690	60	2	8	11

Ingredients:

Almond Poppy Seed Muffin	Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol, mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, water, eggs (pasteurized), canola oil, sliced almonds, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), poppy seeds, almond emulsion (water, propylene glycol, artificial flavor, xanthan gum, propylene glycol alginate, guar gum, mono- & diglycerides, preservatives (propyl gallate, citric acid), sodium bicarbonate. Contains milk, egg, tree nuts (almonds), wheat, soy.
Blueberry Cream Cheese Muffin	Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey(milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, water, eggs (pasteurized), canola oil, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), blueberries, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum) powdered sugar (sugar, cornstarch) trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, natural vanilla flavor (natural flavors, water, alcohol, glycerin), sodium bicarbonate, lemon juice. Contains milk, egg, wheat, soy.
Raspberry Dessert Scone	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, And Folic Acid), Raspberries, Buttermilk (Cultured Lowfat Milk, Salt), Sugar, Unsalted Butter (Cream (Milk), Natural Flavor (Lactic Acid), Margarine (Soybean Oil, Hydrogenated Soybean Oil, Water, Salt, Contains 2% Or Less Of: Mono- And Diglycerides, Annatto/Turmeric (Color), Calcium Disodium EDTA (Preservative), Artificial Flavor, Vitamin A Palmitate Added), Sugar Crystals White, Water, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Glaze (Water, Canola Oil, Vegetable Proteins, Dextrose, Maltodextrins And Starch), Salt (Salt, Tricalcium Phosphate). Contains: Milk, Soy, Wheat

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	Butter Croissant (Wheat Flour, Water, Butter 21%, Sugar, Durum Wheat Semolina, Yeast, Wheat Gluten, Salt, Wheat Sourdough (Water, Fermented Wheat Flour), Dough Conditioner (Ascorbic Acid), Enzyme), Glaze (Water, Canola Oil, Vegetable Proteins, Dextrose, Maltodextrins And Starch). Contains: Milk, Wheat
Almond Croissant	Wheat Flour, water, butter (milk), sugar, yeast, wheat gluten, emulsifier (mono- & diglycerides), dough conditioner (ascorbic acid), enzymes, sugar, almond paste (blanched almonds, sugar, water, potassium sorbate (preservative), natural flavoring), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), water, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), powdered sugar (sugar, cornstarch), sliced almonds. Contains milk, egg, tree nuts (almonds), wheat, soy.
Chocolate Croissant	Croissant Dough: wheat flour, malted wheat, butter, water sugar, yeast, wheat gluten, salt, whole milk powder, dried spelt wheat leaven, malted barley extract, whey powder, flour treatment agent (Ascorbic Acid), Enzyme. Chocolate: Sugar, cocoa mass, cocoa butter, emulsifier, soybean lecithin), Glaze (Water, Canola Oil, Vegetable Proteins, Dextrose, Maltodextrins And Starch). Contains: Milk, Soy, Wheat
Blueberry Danish	Blueberries, 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, thiamin mononitrate, riboflavin, folic acid), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Milk (with vitamin A Palmitate and Vitamin d3), Powdered sugar (sugar, cornstarch), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Margarine (palm oil, water, salt, mono- & diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Sugar, Water, Unsalted butter (milk), Eggs (pasteurized), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Shortening (vegetable gums (guar, arabic), wheat flour, soybean oil, enzymes), Yeast, sorbitan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Lemon juice, Conditioner (Wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzyme), Cinnamon. Contains Sulfites. Allergens: Contains eggs, milk, soy, wheat.
Cinnamon Roll	Trans fat free mix (unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, dextrose, dried egg yolks, defatted soy flour, salt, mono- & diglycerides, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), vital wheat gluten, cellulose gum, beta carotene (color)), Water, White glaze (sugar, maltodextrin), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Yeast, sorbitan monostearate, ascorbic acid, Corn syrup, Lemon juice, Natural & artificial flavors (dextrose, cornstarch, turmeric, apo carotenal, alcohol, vitamin E (contains milk ingredients)), Sea Salt, Unsalted butter (milk), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Cinnamon, Brown sugar (sugar, invert sugar and cane molasses). Allergens: Contains milk, egg, wheat, soy.

Banana Walnut Bread	Banana puree (100% banana), Sugar, Brown sugar (sugar, invert sugar and cane molasses), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Whole wheat flour, Banana, Unsalted butter (milk), Eggs (pasteurized), Nuts (walnuts and/or pecans), Apples, water, erythorbic acid (to maintain color), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sodium bicarbonate, Salt, yellow Prussiate of Soda. Allergens: Contains egg, milk, tree nuts
Carrot Zucchini Bread	Carrot, Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Canola oil, Sugar, 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.
Chocolate Chunk Cookie	Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Brown sugar (sugar, invert sugar and cane molasses), Sugar, Organic Oat Flour (Oats), Milk chocolate chips (sugar, cocoa butter, whole milk powder, unsweetened chocolate, soy lecithin (an emulsifier), natural vanilla extract), Dark chocolate (sugar, chocolate liquor, cocoa butter, soya lecithin), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Eggs (pasteurized), Unsalted butter (milk), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sodium bicarbonate, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sea Salt. Contains milk, egg, wheat, soy.
Oatmeal Raisin Cookie	Rolled oats, trans fat free shortening (palm oil), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), raisins, brown sugar (sugar, invert sugar and cane molasses), sugar, water, eggs (pasteurized), salt, yellow Prussiate of Soda natural vanilla flavor (natural flavors, water, alcohol, glycerin), sodium bicarbonate, cinnamon, nutmeg. Contains egg, wheat.
Sour Cream Coffee Cake	Cake mix (sugar, enriched wheat flour bleached (flour, niacin, reduced iron, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch, soy bean oil, dry whey, leavening (sodium aluminum phosphate, baking soda), salt, vital wheat gluten, propylene glycol mono- & diesters of fatty acids, mono- & diglycerides, sodium stearoyl lactylate, dextrose, cornstarch, triacalcium phosphate, natural and artificial flavoring, water, citric acid, alpha tocopherol as preservative, ascorbic acid (dough conditioner), egg, soy flour), eggs (pasteurized), canola oil, water, sour cream, (cultured milk & cream, whey, modified food starch, sodium phosphate, guar gum, carageenan, calcium sulphate and locust bean gum), brown sugar (sugar, invert sugar and cane molasses) sugar, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, rolled oats, natural vanilla flavor (natural flavors, water, alcohol, glycerin), cinnamon. Allergens: Contains milk, egg, wheat, soy.
Bagel	Enriched Unbleached Wheat Flour, Salt, Brown Sugar, Yeast, Malted Barley Flour, Cornmeal And Enzymes. Contains: Wheat
Bagel & Cream Cheese	Bagel: Enriched Unbleached Wheat Flour, Salt, Brown Sugar, Yeast, Malted Barley Flour, Cornmeal And Enzymes. Contains: Wheat Cream Cheese: Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Citric Acid, Carob Bean Gum, Xanthan Gum, Natamycin (A Natural Mold Inhibitor). Contains: Milk
Everything Bagel	Enriched Unbleached Wheat Flour, Sesame Seeds, Poppy Seeds, Dried Onion, Minced Garlic, Salt, Brown Enriched Unbleached Wheat Flour, Sesame Seeds, Poppy Seeds, Dried Onion, Minced Garlic, Salt, Brown Sugar, Yeast, Malted Barley Flour, Cornmeal And Enzymes. Contains: Wheat, Sesame
Everything Bagel & Cream Cheese	Bagel: Enriched Unbleached Wheat Flour, Sesame Seeds, Poppy Seeds, Dried Onion, Minced Garlic, Salt, Brown Enriched Unbleached Wheat Flour, Sesame Seeds, Poppy Seeds, Dried Onion, Minced Garlic, Salt, Brown Sugar, Yeast, Malted Barley Flour, Cornmeal And Enzymes. Contains: Wheat, Sesame Cream Cheese: Pasteurized Milk And Cream, Cheese Culture, Salt, Guar Gum, Citric Acid, Carob Bean Gum, Xanthan Gum, Natamycin (A Natural Mold Inhibitor). Contains: Milk