

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 |
| 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 |
| 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 |
| Iced Shortbread Cookie | 80 | 330 | 70 | 8 | 4.5 | 0 | 10 | 35 | 64 | 0 | 54 | 1 |
| 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, riboflavin and folic acid), raspberries, buttermilk(milk), sugar, margarine (palm oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, artificially 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, riboflavin 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 |
| 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) |
| 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 |
| Iced Shortbread Cookie | Vanilla Icing (Sugar, Corn Syrup, Water, Vegetable Shortening [Palm Oil]), Contains 2% Or Less Of Each Of The Following: Mono And Diglycerides, Titanium Dioxide [Color], Salt, Propyl Paraben, Natural And Artificial Flavor), Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Cream [Milk], Natural Flavor), Powdered Sugar (Sugar, Corn Starch), Food Colorings, Vanilla Extract. CONTAINS: Milk, 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 |