## Artisan Baked Goods Nutritional \& Ingredient Information (NorCal)




 is used for general nutrition advice, but calorie needs vary.

| Serving | Calories | Calories | Total Fat | Saturated | Trans Fat | Cholester | Sodium | Total | Fiber (g) | Sugars (g) Protein (g) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size (g) |  | from Fat | (g) | Fat (g) | (g) | ol (mg) | (mg) | Carbohydr |  |  |
|  |  |  |  |  |  |  |  | ates (g) |  |  |


| Blueberry Crumb Muffin | 115 | 390 | 170 | 19 | 3.5 | 0 | 45 | 340 | 49 | 1 | 23 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Morning Glory Muffin (Vegan) | 115 | 490 | 290 | 32 | 7 | 0 | 0 | 330 | 49 | 5 | 20 |
| Berry Cream Scone (with raspberries and blackberries) | 105 | 390 | 200 | 22 | 12 | 0 | 70 | 270 | 41 | 2 | 8 |
| Maple Walnut Scone | 112 | 480 | 220 | 25 | 13 | 0 | 80 | 400 | 59 | 2 | 27 |
| Peach Berry Scone (Reduced Fat) | 105 | 280 | 70 | 8 | 4.5 | 0 | 50 | 190 | 46 | 2 | 14 |
| Banana Nut Bread | 105 | 370 | 140 | 15 | 7 | 0 | 60 | 380 | 52 | 2 | 21 |
| Pumpkin Bread | 105 | 360 | 140 | 15 | 1.5 | 0 | 65 | 410 | 51 | 2 | 25 |
| Iced Lemon Loaf | 105 | 380 | 160 | 18 | 7 | 0 | 85 | 240 | 49 | 1 | 25 |
| Chocolate Chip Cookie with Sea Salt | 80 | 360 | 160 | 18 | 10 | 0 | 40 | 490 | 48 | 3 | 28 |
| Sugar Cookie (Limited Time Offer) | 58 | 260 | 80 | 11 | 6 | 0 | 35 | 160 | 49 | 3 | 29 |
| Guittard Chocolate Brownie (Vegan) (Made without Wheat) | 78 | 310 | 140 | 15 | 1 | 0 | 0 | 120 | 45 | 4 | 33 |
| Cinnamon Swirl Coffee Cake | 108 | 440 | 210 | 24 | 6 | 0 | 60 | 340 | 55 | 2 | 32 |
| Morning Bun | 98 | 420 | 170 | 19 | 12 | 0 | 50 | 440 | 58 | 2 | 27 |
| Twice-Baked Almond Croissant | 110 | 490 | 280 | 31 | 14 | 0 | 80 | 330 | 44 | 3 | 16 |
| Butter Croissant | 70 | 270 | 130 | 14 | 9 | 0 | 40 | 350 | 31 | 1 | 3 |
| Single Origin Chocolate Croissant | 83 | 360 | 180 | 20 | 12 | 0 | 55 | 390 | 42 | 2 | 11 |
| Classic Cheese Danish | 110 | 460 | 260 | 29 | 18 | 0 | 95 | 440 | 42 | 1 | 14 |
| Iced Cinnamon Roll | 115 | 490 | 140 | 15 | 9 | 0.5 | 80 | 170 | 84 | 2 | 56 |

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Ingredients:

| Blueberry Crumb Muffin | Enriched Unbleached Flour, Sugar, Milk, Blueberries, Canola Oil, Cage-free Eggs, Butter, Baking Powder, Salt, Blueberry Extract, Enzyme, Ascorbic Acid. Contains: Milk, Egg, Wheat |
| :---: | :---: |
| Morning Glory Muffin (Vegan) | Enriched Unbleached Flour, Canola Oil, Carrots, C\&H Granulated White Sugar, Pineapple (Pineapple, Pineapple Juice), Zucchini, Coconut, Water, Flaxseed Flour, Brown Sugar, Cinnamon, Pure Vanilla Extract (Vanilla Bean Extractives in Water, Alcohol (35\%)), Baking Soda, Baking Powder, Egg Replacer (Potato Starch,Tapioca Flour, Leavening (Calcium Lactate, Calcium Carbonate, Cream of Tartar), Cellulose Gum, Modified Cellulose), Salt. Contains: Wheat, Coconut |
| Berry Cream Scone (with raspberries and blackberries) | Enriched Unbleached Flour, Heavy Cream (Heavy Cream, Skim Milk, Carrageenan), Butter, Bakers Margarine, Cage-free Eggs, Sugar, Milk, Raspberries (Frozen, Unsweetened), Ollalieberries, Baking Powder, Enzyme, Salt, Orange Zest, Ascorbic Acid. Contains: Wheat, Milk, Egg |
| Maple Walnut Scone | Maple Scone Mix (Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Brown Sugar, Whole Grain Wheat Flour, Butter (Cream, Natural Flavor), Bakers Margarine, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Salt), Heavy Cream (Heavy Cream, Skim Milk, Carrageenan), Maple Scone Icing (Powdered Sugar (Sugar, Cornstarch), Whole Milk (Milk, Vitamin D3), Light Corn Syrup (Corn Syrup, Salt, Vanilla), Water, Alcohol, Corn Syrup, Natural Flavor), Cage-Free Eggs, Walnuts, Water, Alcohol, Corn Syrup, Natural Flavor. Contains: Milk, Egg, Wheat, Walnut |
| Peach Berry Scone (Reduced Fat) | Enriched Unbleached Flour, Buttermilk, Sugar, Peaches, Cage-free Eggs, Butter, Ollalieberries, Raspberries, Frozen, Unsweetened, Baking Powder, Salt, Baking Soda. Contains: Milk, Egg, Wheat |
| Banana Nut Bread | Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Bananas, Sugar, Sour Cream (Cultured Cream, Enzymes), Cage-Free Eggs, Brown Sugar, Bakers Margarine, Butter (Cream, Natural Flavor), Walnuts, Canola Oil, Vanilla Extract (Water, Alcohol (35\%), Sugar, Vanilla Bean Extractives), Baking Soda, Salt. Contains: Wheat, Milk, Eggs, Walnuts |
| Pumpkin Bread | Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Libby's 100\% pure Pumpkin, Sugar, Canola Oil, Cage-Free Eggs, Sucres (brown sugar), Buttermilk, Cinnamon, Baking Soda, Salt, Allspice. Contains: Wheat, Milk, Egg |
| Iced Lemon Loaf | Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Sugar, Buttermilk, CageFree Eggs, Peet's Citrus Bread Icing (Sucres (powdered sugar (sugar, cornstarch)), Lemon juice, frozen, unsweetened, single strength, Whole Milk (Milk, Vitamin D3)), Butter (Cream, Natural Flavor), Bakers Margarine, Canola Oil, Lemon juice, frozen, unsweetened, single strength, Baking Powder (Cornstarch, Sodium Bicarbonate, Sodium Aluminium Sulfate, Monocalcium Phosphate), Salt. Contains: Wheat, Milk, Egg |

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| Chocolate Chip Cookie with Sea Salt | Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Semisweet chocolate (suga, unsweetened chocolate, cocoa butter, milk fat (butter)), sunflower lecithin, vanilla, Sugar, Butter (Cream, Natural Flavor), Brown Sugar, Cage-Free Eggs, Bakers Margarine, Sea Salt Flakes, Vanilla Extract (Water, Alcohol (35\%), Sugar, Vanilla Bean Extractives), Baking Soda, Salt, Enzyme. Contains: Milk, Egg, Wheat |
| :---: | :---: |
| Sugar Cookie (Limited Time Offer) | All-purpose flour, sugar, butter, cage-free eggs, vanilla, baking powder and salt. Contains: Wheat, Milk, Egg |
| Guittard Chocolate Brownie (Vegan) (Made without Wheat) | Sugar, Canola Oil, Water, Chickpea Flour, Applesauce (APPLES, WATER), Cocoa, Sorghum Flour, Rice Flour, Vanilla Extract (Water, Alcohol (35\%), Sugar, Vanilla Bean Extractives), Sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract, Baking Soda, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Salt, Xanthan Gum. Contains: Soy |
| Cinnamon Swirl Coffee Cake | Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Sugar, Sour Cream (Cultured Cream, Enzymes), Canola Oil, Cage-Free Eggs, Brown Sugar, Butter (Cream, Natural Flavor), Cinnamon, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Enzyme, Salt. Contains: Milk, Egg, Wheat |
| Morning Bun | Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Butter (Cream, Natural Flavor), Whole Milk (Milk, Vitamin D3), Sugar, Brown Sugar, Salt, Cinnamon, Yeast, Orange Zest, Enzyme. Contains: Milk, Wheat |
| Twice-Baked Almond Croissant | Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Butter (Cream, Natural Flavor), Whole Milk (Milk, Vitamin D3), Almonds, Sugar, Almond Flour, Cage-Free Eggs, Powdered Sugar (Sugar, Cornstarch), Almond Meal, Salt, Yeast, Almond Extract (Water, Alcohol (32\%), And Oil Of Bitter Almond), Enzyme. Contains: Milk, Egg, Wheat, Almond |
| Butter Croissant | Enriched Unbleached Flour, Milk, Butter, Enzyme, Sugar, Cage-Free Egg, Salt, Yeast. Contains: Milk, Wheat, Egg |
| Single Origin Chocolate Croissant | Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Whole Milk (Milk, Vitamin D3), Butter (Cream, Natural Flavor), sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanillin (artificial flavor), Cage-Free Eggs, Sugar, Salt, Yeast, Enzyme. Contains: Milk, Egg, Wheat, Soy |
| Classic Cheese Danish | Croissant Dough (Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Butter (Cream, Natural Flavor), Whole Milk (Milk, Vitamin D3), Sugar, Salt, Yeast), Sweet Cheese Filling (Cream Cheese (Milk, Cheese Cultures, Salt, Guar Gum), Sugar, Sour Cream (Cultured Cream, Enzymes), Cage-Free Egg, white, raw, frozen, pasteurized, Lemon juice, frozen, unsweetened, single strength), Cage-Free Eggs, Sugar. Contains: Milk, Egg, Wheat |
| Iced Cinnamon Roll | Peet's Cinnamon Roll Dough (Sugar, Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Whole Milk (Milk, Vitamin D3), Butter (Cream, Natural Flavor), Water, Cage-Free Egg Yolk, Cage-Free Eggs, Yeast, Salt, Enzyme), Cinnamon Roll Icing (Powdered Sugar (Sugar, Cornstarch), Cream Cheese (Milk, Cheese Cultures, Salt, Guar Gum), Whole Milk (Milk, Vitamin D3), Butter (Cream, Natural Flavor), Light Corn Syrup (Corn Syrup, Salt, Vanilla)), Cinnamon Roll Sugar (Brown Sugar, Cinnamon), Butter (Cream, Natural Flavor). Contains: Milk, Egg, Wheat |

