

## Artisan Baked Goods Nutritional Information (Illinois)

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 Carbohydrat es (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>
Blueberry Lemon Muffin	190	540	170	19	3	0	60	590	84	2	40	10
Coffee Cake Muffin	144	600	270	30	18	0	125	340	79	2	46	7
Lemon Poppy Muffin (Made Without Wheat) (Limited Time Offer)	163	540	180	20	2	0	80	480	84	6	46	9
Fall Chocolate Muffin (Made Without Wheat) (Limited Time Offer)	176	650	210	23	6	0	90	510	107	9	69	9
Pumpkin Cranberry Muffin	170	540	140	16	2	0	75	490	91	4	56	9
Lemon Lavender Scone (Limited Time Offer)	133	570	280	31	18	0	140	530	63	2	17	10
Blueberry Lemon Scone	125	440	180	20	12	0	100	470	57	2	14	9
Pumpkin Maple Pecan Scone (Limited Time Offer)	139	490	180	20	10	0	45	280	73	3	35	7
Almond Croissant	141	520	280	31	16	1	120	330	51	2	19	9
Butter Croissant	80	300	160	17	10	1	45	280	30	1	5	5
Chocolate Croissant	110	430	270	30	18	1	65	310	39	5	5	9
Ham & Swiss Croissant	104	400	220	24	14	1	95	480	32	1	5	13
Chocolate Chip Pumpkin Bread	145	450	140	15	3.5	0	55	380	74	3	48	7
Cinnamon Roll	176	720	240	27	15	0	145	600	108	2	58	12
Maple Sunshine Bun (Limited Time Offer)	105	400	180	20	12	1	50	320	50	1	20	6
Raspberry Sunshine Bun (Limited Time Offer)	108	420	180	20	12	1	50	320	55	1	25	6
Chocolate Chip Cookie	108	520	270	30	18	0	80	420	63	4	34	7

### Ingredients:

Blueberry Lemon Muffin	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Sugar, Blueberries, Blueberries cultivated, frozen, Canola Oil, Eggs (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Salt, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor), Cinnamon, Baking Soda (sodium bicarbonate). Contains: Milk, Eggs, Wheat
Coffee Cake Muffin	Unsalted Butter (Cream, Natural Flavorings) (Milk), Sour Cream (Cultured Sour Cream (Nonfat Milk, Cream, Whey, Modified Cornstarch, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum, Cultures), Potassium Sorbate As Preservative) (Milk), Brown Sugar (Sugar, Molasses), Pastry Flour (Wheat), Sugar, Eggs (Egg), Milk (Milk), Bleached Wheat Flour (Wheat), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Cinnamon, Baking Powder (Sodium Acid Pyrophosphate, Bicarbonate Sodium, Monocalcium Phosphate ), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, Sugar), Salt, Cardamom, Ground Nutmeg. Contains: Egg, Milk And Wheat.
Lemon Poppy Muffin (Made Without Wheat) (Limited Time Offer)	Gluten-Free Flour (Garbanzo Bean Flour, Potato Starch, Tapioca Flour, White Sorghum Flour, Fava Bean Flour), Sugar, Buttermilk (Cultured Lowfat Milk, Salt, Natural Flavorings) (Milk), Eggs (Whole Eggs, Citric Acid) (Egg), Canola Oil, Lemon Zest (Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (Preservative), Sodium Benzoate (Preservative), Lemon Oil), Baking Powder (Sodium Acid Pyrophosphate, Bicarbonate Sodium, Monocalcium Phosphate ), Coarse Grain Sugar (Sugar, Carnauba Wax), Sugars (Coarse Grain Sugar (Sugar, Carnauba Wax)), Poppy Seeds, Salt. Contains: Egg And Milk.
Fall Chocolate Muffin (Made Without Wheat) (Limited Time Offer)	Sugar, Gluten-Free Flour (Garbanzo Bean Flour, Potato Starch, Tapioca Flour, White Sorghum Flour, Fava Bean Flour), Pumpkin Puree, Chocolate Chips (Chocolate Liqueur, Sugar, Soy Lecithin, Vanillin) (Soybeans), Eggs (Whole Eggs, Citric Acid) (Egg), Canola Oil, Water, Baking Soda (Sodium Bicarbonate), Salt, Ground Ginger, Ground Nutmeg, Ground Cloves, Cinnamon, Baking Powder (Sodium Acid Pyrophosphate, Bicarbonate Sodium, Monocalcium Phosphate). Contains: Egg, Soy.
Pumpkin Cranberry Muffin	Sugar, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Pumpkin Puree, Cranberries, Eggs (egg), Canola Oil, Water, Pumpkin Seeds, Coarse Grain Sugar (sugar, carnauba wax), Sugars, Baking Soda (sodium bicarbonate), Salt, Ground Ginger, Ground Nutmeg, Ground Cloves, Cinnamon, Baking Powder (sodium acid pyrophosphate, Bicarbonate sodium, monocalcium phosphate). Contains: Egg And Wheat.

Lemon Lavender Scone (Limited Time Offer)	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Heavy Cream (cream, carrageenan) (milk), Unsalted Butter (Cream, Natural Flavorings) (milk), Eggs (egg), Powdered sugar (Granulated sugar, Cornstarch), Sugar, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (preservative), Sodium Benzoate (preservative), Lemon Oil), Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Milk (milk), Poppyseeds, Culinary Lavender, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt, Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor). Contains: Milk, Eggs, and Wheat
Blueberry Lemon Scone	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Heavy Cream (Cream, Carrageenan) (Milk), Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Blueberries, Dried Blueberries (Blueberries, Glycerol, Safflower Oil, Citric Acid, Calcium Lactate, Potassium Sorbate, Natural Blueberry Flavor ), Sugar, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Coarse Grain Sugar (Sugar, Carnauba Wax), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite (Preservative), Sodium Benzoate (Preservative), Lemon Oil), Salt, Lemon Extract, Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor. Contains: Wheat, Milk, Eggs.
Pumpkin Maple Pecan Scone (Limited Time Offer)	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Pumpkin Puree, Unsalted Butter (Cream, Natural Flavorings) (milk), Brown Sugar (Sugar, Molasses), Powdered sugar (Granulated sugar, Cornstarch), Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Pecans (tree nuts), Maple Syrup, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate). Eggs (egg), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Water, Baking Soda (sodium bicarbonate), Salt, Cinnamon, Maple extract (alcohol, glycerin, maple concentrate, caramel color and water), Ground Ginger, Ground Nutmeg, Ground Cloves. Contains: egg, milk, tree nuts and wheat.
Almond Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Water, Sugar, Eggs (Egg), Milk (Milk), Unsalted Butter (Cream, Natural Flavorings) (Milk), Almonds (Tree Nuts), Almond Paste (Almonds, Sugar, Water, Potassium Sorbate (Preservative), Natural And Artificial Flavor) (Tree Nuts), Bleached Wheat Flour (Wheat), Honey, Powdered Sugar (Granulated Sugar, Cornstarch), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Egg Yolks (Egg), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Almond Extract (Tree Nuts), Rum, Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy, Almonds And Wheat.
Butter Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Eurobutter Sheet (Cream) (Milk), Milk (Milk), Water, Sugar, Honey, Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Eggs (Egg), Egg Yolks (Egg), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat.
Chocolate Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Cocoa Baton (sugar, cocoa mass, cocoa butter, emulsifier: sun flower lecithin, vanilla flavouring), EuroButter Sheet (cream) (milk), Milk (milk), Water, Sugar, Eggs (egg), Honey, Egg Yolks (egg), Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soy), Yeast (sorbitan monostearate, ascorbic acid), Salt, Barley Malt Syrup (malted barley, water) (wheat). Contains: Soy, Wheat, Milk, Eggs
Ham & Swiss Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Euro Butter (Cream) (Milk), Swiss Cheese (Pasteurized Milk, Cheese Cultures, Salt And Enzymes) (Milk), Smoked Prosciutto (Pork, Salt, Dextrose, Spices, Natural Flavors, Sodium Ascorbate, Sodium Nitrite, Rosemary), Milk (Milk), Water, Sugar, Eggs (Egg), Honey, Egg Yolks (Egg), Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Salt, Yeast (Sorbitan Monostearate, Ascorbic Acid), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat.
Chocolate Chip Pumpkin Bread	Sugar, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Pumpkin Puree, Eggs (egg), Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Canola Oil, Water, Baking Soda (sodium bicarbonate), Salt, Ground Ginger, Ground Nutmeg, Ground Cloves, Cinnamon, Baking Powder (sodium acid pyrophosphate, Bicarbonate sodium, monocalcium phosphate). Contains: egg, soybeans and wheat.
Cinnamon Roll	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Powdered Sugar (Granulated Sugar, Cornstarch), Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Milk (Milk), Sugar, Brown Sugar (Sugar, Molasses), Buttermilk (Cultured Lowfat Milk, Salt, Natural Flavorings) (Milk), Canola Oil, Water, Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Salt, Bleached Wheat Flour (Wheat), Cornstarch, Cinnamon, Yeast (Sorbitan Monostearate, Ascorbic Acid), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, Sugar). Contains: Egg, Milk, Soy And Wheat.
Maple Sunshine Bun (Limited Time Offer)	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), EuroButter Sheet (cream) (milk), Sugar, Milk (milk), Water, Brown Sugar (Sugar, Molasses), Honey, Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered Milk (Whey, Soy flour, Nonfat dry milk) (milk, soybeans), Yeast (sorbitan monostearate, ascorbic acid), Maple Syrup, Salt, Maple extract (alcohol, glycerin, maple concentrate, caramel color and water), Barley Malt Syrup (malted barley, water) (wheat), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Cinnamon. Contains: Milk, Soybeans and Wheat.
Raspberry Sunshine Bun (Limited Time Offer)	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Euro Butter (Cream) (Milk), Sugar, Milk (Milk), Water, Brown Sugar (Sugar, Molasses), Honey, Unsalted Butter (Cream, Natural Flavorings) (Milk), Powdered Milk (Whey, Soy Flour, Nonfat Dry Milk) (Milk, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Raspberry Flavor Paste (Glucose Syrup, Invert Sugar Syrup, Raspberry Pulp 15%, Acid (Citric Acid), Ethyl Alcohol, Elderberry Concentrate, Starch, Natural Flavouring), Lemon Zest (Chopped Lemon Peels, Cane Sugar, Natural Lemon Flavor), Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Milk, Soybeans And Wheat.
Chocolate Chip Cookie	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Brown Sugar (Sugar, Molasses), Unsalted Butter (Cream, Natural Flavorings) (milk), Bittersweet Chocolate (sugar, chocolate liquor, cocoa butter, butterfat, soy lecithin, salt, and vanilla) (milk, soybeans), Chocolate Chips (chocolate liquor, sugar, soy lecithin, vanillin) (soybeans), Eggs (egg), Sugar, Milk (milk), Egg Yolks (egg), Salt, Baking Soda (sodium bicarbonate), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Sea Salt Flakes. Contains: Wheat, Milk, Soybeans, Eggs