

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>		<u>Calories</u>		<u>Saturated</u>	<u>Trans Fat</u>	<u>Cholesterol</u>	<u>Sodium</u>	<u>Total Carbohydrates</u>			
	<u>(g)</u>	<u>Calories</u>	<u>from Fat</u>	<u>Total Fat (g)</u>	<u>Fat (g)</u>	<u>(g)</u>	<u>(mg)</u>	<u>(mg)</u>	<u>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
Orange Cranberry Muffin (Made Without Wheat) (Limited Time Offer)	177	530	170	19	2	0	80	460	84	7	47	8
Pumpkin Cranberry Muffin	170	540	140	16	2	0	75	490	91	4	56	9
Mocha Scone (Limited Time Offer)	122	520	290	32	19	0	105	420	56	4	17	9
Blueberry Lemon Scone	125	440	180	20	12	0	100	470	57	2	14	9
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
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
Ginger Sunshine Bun (Limited Time Offer)	111	420	190	21	13	1	55	340	53	1	22	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.
Orange Cranberry 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 (Egg), Cranberries, Canola Oil, Orange Zest Puree (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor), Water, Sugars (Coarse Grain Sugar (Sugar, Carnauba Wax)), Baking Powder (Sodium Acid Pyrophosphate, Bicarbonate Sodium, Monocalcium Phosphate), Orange Juice (100% Orange Juice From Concentrate), Salt. Contains: Egg And Milk.
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.

Mocha Scone (Limited Time Offer)	Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Heavy Cream (Cream, Carrageenan) (Milk), Unsalted Butter (Cream, Natural Flavorings) (Milk), Bittersweet Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Butterfat, Soy Lecithin, Salt, And Vanilla) (Milk, Soybeans), Eggs (Egg), Powdered Sugar (Granulated Sugar, Cornstarch), Sugar, Chocolate Chips (Chocolate Liquor, Sugar, Soy Lecithin, Vanillin) (Soybeans), Baking Powder (Sodium Acid Pyrophosphate, Bicarbonate Sodium, Monocalcium Phosphate), Coffee, Espresso Flavor Paste (Caramel Sugar Syrup, Glucose Syrup, Invert Sugar Syrup, Low Fat Cocoa Powder, Ethyl Alcohol, Water, Coffee Extract (Powdered 3%), Natural Flavoring, Concentrates (Pumpkin, Carrot), Citric Acid), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, Sugar), Salt, Ground Espresso. Contains: Egg, Milk, Soybeans 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.
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
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.
Ginger Sunshine Bun (Limited Time Offer)	Wheat Flour (Wheat Flour, Malted Barley 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), Salt, Yeast (Sorbitan Monostearate, Ascorbic Acid), Ground Ginger, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, Sugar), Orange Zest Puree (Chopped Orange Peels, Cane Sugar, Natural Orange 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