

## 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>Calories</u>		<u>Saturated</u>		<u>Cholesterol</u>		<u>Total</u>		<u>Sugars (g)</u>	<u>Protein (g)</u>
	<u>(g)</u>		<u>from Fat</u>	<u>Total Fat (g)</u>	<u>Fat (g)</u>	<u>Trans Fat (g)</u>	<u>(mg)</u>	<u>Sodium (mg)</u>	<u>es (g)</u>	<u>Fiber (g)</u>		
Blueberry Lemon Muffin	190	540	170	19	3	0	60	590	84	2	40	10
Coffee Cake Muffin	175	690	300	33	20	0	135	250	94	2	60	7
Lemon Lavender Scone (Limited Time Offer)	133	570	280	31	18	0	140	530	63	2	17	10
Orange Currant Scone (Limited Time Offer)	139	400	120	13	8	0	55	350	66	3	33	6
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
Nueske's Ham & Cheese Croissant	130	410	210	24	14	1	95	500	33	1	5	15
Banana Walnut Bread	139	470	190	21	2	0	55	290	65	3	37	8
Chocolate Chip Pumpkin Bread	145	450	140	15	3.5	0	55	380	74	3	48	7
Cinnamon Roll	213	750	200	23	13	0	135	460	130	2	90	10
Morning Sunshine Bun	109	410	180	20	13	1	55	340	52	1	21	6
Chocolate Chip Cookie	108	520	270	30	18	0	80	420	63	4	34	7
Gingersnap Cookie	108	460	150	17	10	0	75	370	68	1	33	6
Sugar Cookie (Limited Time Offer)	82	470	260	29	18	0	75	170	47	1	18	5
Plain Bagel & Cream Cheese	158	380	60	7	3.5	0	15	600	63	2	5	13
Plain Bagel	128	310	10	1	0	0	0	480	62	2	4	11
Cream Cheese	30	70	50	6	3.5	0	15	115	1	0	1	2

**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	Brown Sugar (Sugar, Molasses), Unsalted Butter (Cream, Natural Flavorings) (Milk), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), 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), Sugar, Pastry Flour (Wheat), Eggs (Egg), Cinnamon, Baking Powder (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Vanilla Extract (Water, Alcohol, Bourbon Vanilla Bean Extractives), Salt, Ground Nutmeg, Cardamom. Contains: Wheat, Eggs And Milk.
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
Orange Currant Scone (Limited Time Offer)	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Oranges, Powdered sugar (Granulated sugar, Cornstarch), Dried Currants, Unsalted Butter (Cream, Natural Flavorings) (milk), Water, Heavy Cream (cream, carrageenan) (milk), Oat Flour (wheat), Eggs (egg), Sugar, Orange Juice from Concentrate, Baking Powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Salt. Contains: egg, milk 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
Nueske's Ham & Cheese Croissant	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Ham(Pork Hams, Water, Honey, Sea Salt, Nmaple Syrup, Turbinado Sugar, Celery Powder, Natural Flavor, Lauric Acid Started Culture), Eurobutter Sheet (Cream) (Milk), Swiss Cheese (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, Soybeans), Yeast (Sorbitan Monostearate, Ascorbic Acid), Salt, Barley Malt Syrup (Malted Barley, Water) (Wheat). Contains: Egg, Milk, Soy And Wheat.

Banana Walnut Bread	Bananas, Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Sugar, Eggs (egg), Canola Oil, Brown Sugar (Sugar, Molasses), Walnuts (tree nuts), Buttermilk (cultured lowfat milk, salt, natural flavorings) (milk), Baking Soda (sodium bicarbonate), Salt, Cinnamon, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar). Contains: egg, milk, walnuts 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	Powdered Sugar (Granulated Sugar, Cornstarch), Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (Wheat), Unsalted Butter (Cream, Natural Flavorings) (Milk), Eggs (Egg), Milk (Milk), Sugar, Water, Brown Sugar (Sugar, Molasses), Canola Oil, 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, Alcohol, Bourbon Vanilla Bean Extractives). Contains: Egg, Milk, Soybeans And Wheat.
Morning Sunshine Bun	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), Salt, Lemon Zest (Chopped lemon peels, cane sugar, natural lemon flavor), Cardamom, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar), Barley Malt Syrup (malted barley, water) (wheat). Contains: Wheat, Milk, Soy
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, Bourbons Vanilla Bean Extractives, sugar), Sea Salt Flakes. Contains: Wheat, Milk, Soybeans, Eggs
Gingersnap Cookie	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Sugar, Molasses, Eggs (egg), Brown Sugar (Sugar, Molasses), Baking Soda (sodium bicarbonate), Ground Ginger, Coarse Grain Sugar (sugar, carnauba wax), Sugars, Cinnamon, Ground Cloves, Salt, Ground Nutmeg Produced in a facility that also produces products containing eggs, wheat, dairy, soy, peanut, and tree nuts. Contains: Eggs, Milk, Wheat
Sugar Cookie (Limited Time Offer)	Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) (wheat), Unsalted Butter (Cream, Natural Flavorings) (milk), Powdered sugar (Granulated sugar, Cornstarch), Water, Sugar, Confectioner's Glaze, Red 3, Carnauba Wax, Blue 1, Sugar, Confectioner's Glaze, Carnauba Wax, Blue 1, Sugar, Confectioner's Glaze, Yellow 5 Lake, Blue 1 Lake, Carnauba wax, Sugar, Confectioner's Glaze, Carnauba Wax, Yellow 5, Sugar, Confectioner's Glaze, Yellow 6, Carnauba Wax, Sugar, Confectioner's Glaze, Red 3, Carnauba Wax, Yellow 6, Red 40, Blue 2, Salt, Vanilla Extract (Water, Cane Alcohol, Bourbon Vanilla Bean Extractives, sugar). Contains: Wheat, Milk
Plain Bagel & Cream Cheese	Bagel: Flour (Unbleached Spring Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) (Wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (MALTED BARLEY, WATER) (Wheat), Salt, Malted Barley Flour (Wheat), Yeast. Cream Cheese: Pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums) whey, sugar, salt, potassium sorbate (to protect freshness). Contains: Wheat, Milk.
Plain Bagel	Flour (Unbleached Spring Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) (Wheat), Water, Brown Sugar (Sugar, Molasses), Barley Malt Syrup (MALTED BARLEY, WATER) (Wheat), Salt, Malted Barley Flour (Wheat), Yeast. Contains: Wheat.
Cream Cheese	Pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums) whey, sugar, salt, potassium sorbate (to protect freshness). Contains Milk