








Warm Food Nutritional Information (DC/MD/VA/IL/CA)







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. The following nutritional information is provided by our warm food supplier and is intended only as an estimate. Peet's bears no responsibility for the accuracy of this information. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Warm Food												
Bacon & Cheddar Brioche	159	420	150	17	8	0	60	940	43	1	8	23
Bacon Sausage Cheddar Crispy	220	640	340	38	17	0.5	110	1360	40	0	3	34
Grilled Cheese Croissant	132	470	270	30	18	1	95	740	30	1	5	20
Egg White, Tomato & Feta Frittata	99	200	130	14	7	0	40	390	9	0	2	12
Mediterranean Frittata Sandwich	153	300	120	13	4	0	85	760	35	3	3	12
Cheesy Sausage Slider	76	260	140	16	7	0	35	270	19	1	3	10
Turkey Bacon & Egg White Sandwich	105	240	60	7	3.5	0	20	580	28	1	1	15
Everything Plant-Based Sandwich	162	370	180	20	8	0	0	930	34	5	3	18
Roasted Turkey Parmesan Ciabatta	269	530	150	17	8	0	70	1850	57	2	1	39
Roasted Tomato Focaccia	198	520	210	23	8	0	35	1030	58	5	5	19
Chicken Chorizo Wrap	165	330	130	14	5	0	170	760	31	2	2	19
Smoked Ham & Cheese Crispy	180	430	160	18	10	0	75	1420	38	0	3	29
Bacon Gouda Frittata	136	310	210	23	11	0.5	230	650	11	0	3	16

Garnish (CA only)

Chipotle Dip	50	160	150	17	2	0	0	260	3	1	<1	3
Avocado Mash	56	90	70	8	1	0	0	220	5	4	0	1

WARM FOOD	Ingredients
	Burger Bun: Flour (wheat flour, malted barley), water, sugar, yeast, butter, milk powder, contains less than 2% of each of the following: wheat gluten, salt, corn flour, soybean oil, spices (turmeric and paprika), natural flavor, cultured wheat flour, vinegar, dextrose, guar gum, enzyme, ascorbic acid, corn starch, maltodextrin, dextrin, triglycerides. Topping: water, vegetable protein (pea), vegetable oil (canola), dextrose, maltodextrins, modified food starch. Cage Free Fried Egg Patty: cage free egg white, water, cage free whole egg, modified corn starch, contains 2% or less: salt, xanthan gum, citric acid, black pepper. Mild Cheddar Cheese: pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color). Bacon: cured with: water, salt, sugar, natural smoke flavoring, sodium phosphate, sodium erythorbate, sodium nitrite. Contains: Wheat, Egg, Milk.
	Rustic Panini Bread: flour (wheat, malted barley), water, contains less than 2% of each of the following: salt, yeast, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), monocalcium phosphate, corn starch, mono-and diglycerides, potassium iodate, ascorbic acid, enzymes, enrichment (niacin, reduced iron, wheat flour, thiamine mononitrate, riboflavin, folic acid), calcium propionate (preservative). Pork Sausage Patty: pork, water, salt, spices, dextrose, sugar, flavoring, lime juice concentrate. Cage Free Fried Egg Patty: cage free egg white, water, cage free whole egg, modified corn starch, contains 2% or less: salt, xanthan gum, citric acid, black pepper. Sharp White Cheddar: cultured pasteurized milk, salt, enzymes. Mild Cheddar Cheese: pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color). Bacon: cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, sodium nitrite. Caramelized Onions: onion, brown sugar, canola oil, citric acid. Contains: Wheat, Egg, Milk. Rustic Panini Bread: flour (wheat, malted barley), water, contains less than 2% of each of the following: salt, yeast, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), monocalcium phosphate, corn starch, mono-and diglycerides, potassium iodate, ascorbic acid, enzymes, enrichment (niacin, reduced iron, wheat flour, thiamine mononitrate, riboflavin, folic acid), calcium propionate (preservative). Pork Sausage Patty: pork, water, salt, spices, dextrose, sugar, flavoring, lime juice concentrate. Cage Free Fried Egg Patty: cage free egg white, water, cage free whole egg, modified corn starch, contains 2% or less: salt, xanthan gum, citric acid, black pepper. Sharp White Cheddar: cultured pasteurized milk, salt, enzymes. Mild Cheddar Cheese: pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color). Bacon: cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, sodium nitrite. Caramelized Onions: onion, brown sugar, canola oil, citric acid. Contains: Wheat, Egg, Milk.
	Flaky croissant: enriched wheat flour (wheat flour, enzyme, wheat starch, niacin, reduced iron, thiamine mononitrate, riboflavin, tricalcium phosphate, folic acid), water, butter (cream [milk], natural flavor), sugar, yeast, milk powder, sea salt, xanthan gum, deactivated yeast, ascorbic acid, enzymes, vinegar, cultured wheat flour, guar gum, enzymes, casein (milk), mild cheddar cheese: pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color), fontina cheese: cultured pasteurized milk, salt, enzymes. muenster cheese: cultured pasteurized milk, salt, enzymes, annatto (color). Contains: wheat, milk
	Egg white soufflé mix: pasteurized cage free egg whites. heavy whipping cream: cream (milk), carrageenan. plain non-fat greek yogurt: pasteurized cultured grade a skim milk. gluten free flour: specialty flour blend (rice flour, tapioca starch), potato starch, whole grain brown rice flour, vitamin and mineral blend [calcium carbonate, niacinamide (vitamin b3), reduced iron, thiamin hydrochloride (vitamin b1), riboflavin (vitamin b2)]. canola oil. egg: food starch, maltodextrin, salt, guar gum, natural flavor, xanthan gum, lecithin, spice extract. filling: tomatoes in oil: roasted tomatoes, canola oil, garlic, oregano, salt. crumbled feta: cultured pasteurized milk, salt, enzymes. kale. parmesan cheese: parmesan cheese (pasteurized part skimmed milk, cheese cultures, salt and enzymes.), powdered cellulose (to prevent caking). montamore cheese: montamore cheese (pasteurized milk, cheese cultures, salt, enzymes), powdered cellulose (to prevent caking). corn starch. salt. dehydrated garlic. ground red pepper. pan release: high oleic canola oil, soy lecithin, propellant. Contains: egg, milk, soy
	Mediterranean Frittata: Cage free liquid eggs: whole egg, citric acid. Artichoke Hearts: artichoke hearts, water, salt, citric acid. Crumbled Feta: cultured pasteurized milk, salt, enzymes. Spinach. Heavy Whipping Cream: cream (milk), carrageenan. Plain Non-fat Greek Yogurt: cultured nonfat milk, contains live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus. Pan Release: high oleic canola oil, soy lecithin, propellant. Gluten Free Flex Flour: rice flour, rice starch, potato starch, xanthan gum and locust bean gum. Salt. Corn Starch. Smoked Paprika: paprika, with not more than 2% silicon dioxide added to prevent caking and 100 ppm ethoxyquin added to retain color. Dehydrated Garlic. Black Pepper. English Muffin: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, contains less than 2% of each of the following: sugar, wheat gluten, barley malt, flour, dextrose, soybean oil, fumaric acid, acetic acid, lactic acid, guar gum, ascorbic acid, enzymes, calcium propionate (preservative). Toppings: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cultured wheat starch. Tomato Harissa Mix: Roasted Tomato Spread: tomatoes, canola oil, garlic, organic vinegar, salt, spices, xanthan gum. Moroccan Harissa: bell peppers, jalapenos, canola/olive oil blend, garlic, cilantro, paprika, cumin, caraway seed, salt and citric acid. Contains: Egg, milk, wheat, soy.
	Brioche Bun: flour (wheat, malted barley), water, sugar, palm oil, wheat gluten, contains less than 2% of each of the following: yeast, milk powder, salt, enriched bleached wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), monoglycerides, natural flavors, dextrose, calcium sulfate, fermented wheat germ, ascorbic acid, enzymes, deactivated yeast, turmeric (color), enriched with (niacin, reduced iron, wheat flour, thiamine mononitrate, riboflavin folic acid), calcium propionate (preservative). Topping: water, vegetable protein (pea), dextrose, maltodextrin, modified food starch. Pork Sausage Patty: Pork, water, contains 2% or less of salt, spices, dextrose, sugar, flavoring. Cheddar Cheese Mix: Cheddar cheese: Pasteurized milk, cheese cultures, salt, enzymes, annatto (color), powdered cellulose (anti-caking agent), natamycin (mold inhibitor). White Cheddar Cheese Sauce: Water, aged cheddar cheese (cultured milk, salt, enzymes), soybean oil, modified cornstarch, cornstarch, maltodextrin, 2% or less of: vinegar, salt, natural flavors, sodium phosphate, whey, dried cheese (cultured milk, salt, enzymes), sodium caseinate, buttermilk powder, whey protein concentrate, cultured whey, datem, mono-and diglycerides, yeast extract, lactic acid, citric acid, extractives of turmeric and annatto color. Black pepper. Dehydrated Garlic. Contains: milk, wheat.
	Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, contains less than 2% of each of the following: sugar, wheat gluten, barley malt, flour, dextrose, soybean oil, fumaric acid, acetic acid, lactic acid, guar gum, ascorbic acid, enzymes, calcium propionate (preservative), topping: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cultured wheat starch. cage free egg white patty: cage free egg whites, food starch (corn), salt, xanthan gum. swiss cheese: pasteurized part-skim milk, cheese culture, salt, enzymes. turkey bacon: dark turkey, white turkey, water, sugar, salt, contains 2% or less natural smoke flavoring, sodium erythorbate, natural flavoring, sodium nitrite, vegetable oil. Contains: egg, milk, wheat

<p>Everything Plant-Based Sandwich</p> 	<p>Plant-based folded patty: water, mung bean protein isolate, expeller-pressed canola oil, corn starch, contains 2% or less of the following: baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), dehydrated garlic, dehydrated onion, carrot extract (color), turmeric extract (color), salt, transglutaminase. everything bagel thin: enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, cellulose, liquid sugar, wheat gluten, sesame seeds, yeast, contains 2% or less of the following ingredients: salt, poppy seeds, dehydrated onion, dehydrated garlic, polydextrose, dough conditioners ((calcium propionate, ascorbic acid, sorbic acid) (preservatives), citric acid, monoglycerides, enzymes, sodium bicarbonate, cornstarch)), wheat starch, vinegar, soybean oil. plant-based sausage patty: water, soy protein concentrate, sunflower oil, coconut oil, 2% or less of: methylcellulose, yeast extract, salt, natural flavors, cultured dextrose, spices, food starch modified, onion powder, garlic powder, citric acid, soy leghemoglobin, mixed tocopherols (antioxidant), soy protein isolate, vitamins and minerals (zinc gluconate, niacin, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), vitamin B12). vegan cheese alternative: filtered water, coconut oil, food starch-modified (potato & corn), potato starch, salt (sea salt), cheddar flavor (vegan sources), olive extract, paprika extract & beta carotene (color), vitamin B12. Contains: sesame, soy, wheat</p>
<p>Roasted Turkey Parmesan Ciabatta</p> 	<p>Smoked sliced turkey breast: turkey breast meat, turkey broth, contains 2% or less potassium lactate, potassium acetate, sodium diacetate, salt, modified food starch, dextrose, sodium phosphate, sodium erythorbate, sodium nitrite. ciabatta bun: flour (wheat, malted barley), water, contains less than 2% of each of the following: olive oil, salt, yeast. provolone cheese: pasteurized milk, cheese culture, salt, enzymes. spread: cream cheese: pasteurized cultured milk and cream, salt, stabilizers (guar gum and carob bean gum). spinach. parmesan cheese: parmesan cheese (pasteurized part skimmed milk, cheese cultures, salt and enzymes), powdered cellulose (to prevent caking). black pepper. dehydrated garlic. salt: salt, yellow prussiate of soda. Contains: wheat, milk</p>
<p>Roasted Tomato Focaccia</p> 	<p>Focaccia sandwich bun: unbleached untreated enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, sea salt, fine herbs, yeast, malted barley. marinated cherry tomatoes: cherry tomato, non-hydrogenated sunflower oil, salt, garlic, oregano. fontina cheese: cultured pasteurized milk, salt, enzymes. basil pesto: canola and/or sunflower oil, basil, parmesan cheese (pasteurized cow's milk, cheese culture, salt, enzymes), garlic, salt, lemon juice concentrate, granulated garlic, citric acid. low-moisture part-skim mozzarella cheese: pasteurized part skim-milk, cheese cultures, salt, enzymes, powdered cellulose (anti-caking agent), natamycin (mold inhibitor). cream cheese: pasteurized cultured milk and cream, salt, stabilizers (guar gum and carob bean gum). starch and gum blend: corn starch, modified food starch, cellulose gum, xanthan gum, guar gum. corn starch. Contains: milk, wheat</p>
<p>Chicken Chorizo Wrap</p> 	<p>Filling: Egg Curd: whole eggs, skim milk, soybean oil, corn starch, salt, xanthan gum, citric acid. Chicken Chorizo Crumbles: chicken raised without antibiotics, water, contains 2% or less of: jalapeno peppers, cilantro, spices, vinegar, rosemary extract, onions, kosher salt, paprika, garlic. White Cheddar Cheese Sauce: water, aged cheddar cheese (cultured milk, salt, enzymes), soybean oil, modified cornstarch, cornstarch, maltodextrin, 2% or less of vinegar, salt, natural flavors, sodium phosphate, whey, dried cheese (cultured milk, salt, enzymes), sodium caseinate, buttermilk powder, whey protein concentrate, cultured whey, datem, mono- and diglycerides, yeast extract, lactic acid, citric acid, extractives of turmeric and annatto Color. Pasteurized Blended Cheddar Cheese: cultured milk, salt, paprika and annatto (color), enzymes, sorbic acid (preservative), soy lecithin (anti-sticking agent). Red bell peppers. Lavash: enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), filtered water, wheat gluten, canola oil, sugar, sea salt, cultured wheat flour, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), enzymes. Contains: Wheat, Egg, Milk, Soy.</p>
<p>Smoked Ham & Cheese Crispy</p> 	<p>Rustic Panini Bread: Flour (wheat, malted barley), water, contains less than 2% of each of the following: salt, yeast, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), monocalcium phosphate, corn starch, mono-and diglycerides, potassium iodate, ascorbic acid, enzymes, enrichment (niacin, reduced iron, wheat flour, thiamine mononitrate, riboflavin, folic acid), calcium propionate (preservative). Black Forest Ham: cured with water, dextrose, salt, contains 2% or less of: sodium lactate, sodium phosphate, natural smoke flavoring, sodium diacetate, sodium erythorbate, sodium nitrite. Grand Cru Cheese: cultured pasteurized milk, salt, enzymes. Alfredo Spread: Alfredo sauce: skim milk, water, cream, cream cheese (pasteurized milk and cream, cheese cultures, salt, guar gum, carob bean gum, xanthan gum), parmesan cheese (cultured milk, salt, enzymes), romano cheese (pasteurized cow's milk, cheese culture, salt, enzymes), butter (cream, salt), food starch-modified, contains less than 2% of maltodextrin, salt, natural flavors, sodium phosphate, sodium citrate, cellulose gel, cellulose gum, mono and diglycerides, spice. Grand Cru Cheese: Grand Cru Cheese (cultured pasteurized milk, salt, enzymes), potato starch and powdered cellulose (to prevent caking). Classic Dijon Mustard: white distilled vinegar, water, #1 grade mustard seed, salt, white wine, citric acid, onion powder, spices, turmeric, natural flavors. Paprika: paprika, with not more than 2% silicon dioxide added to prevent caking and 100 ppm ethoxyquin added to retain color. Nutmet. Swiss Cheese: pasteurized part-skim milk, cheese culture, salt, enzymes. Contains: milk, wheat.</p>
<p>Bacon Gouda Frittata</p> 	<p>Greek Yogurt Egg Mix: Cage free liquid eggs: whole egg, citric acid. Heavy whipping cream: cream (milk), carrageenan. Plain Non-fat Greek Yogurt: pasteurized cultured grade A skim milk. Gluten-Free Flour: speciality flour blend (rice flour, tapioca starch), potato starch, whole grain brown rice flour, vitamin and mineral blend (calcium carbonate, niacinamide [Vitamin B3], reduced iron, thiamin hydrochloride [Vitamin B1], riboflavin [Vitamin B2], Salt. Black pepper. Nutmeg. Smoked Gouda and Bacon Filling: Smoked Gouda Cheese: smoked gouda cheese (pasteurized milk, cheese cultures, salt, enzymes, beta carotene [color], natural flavors), powdered cellulose (to prevent caking) natamycin (a mold inhibitor). Bacon: bacon (cured with water, salt, sugar, sodium erythorbate, sodium nitrite (may also contain smoke flavoring, dextrose, sodium phosphate, potassium chloride, sodium diacetate, flavoring, honey). Spinach. Caramelized onions: onion, brown sugar, canola oil, citric acid. Pan Release: high oleic canola oil, soy lecithin, propellant. Contains: egg, milk, soy.</p>
<p>GARNISH (CA only)</p> <p>Chipotle Dip</p> <p>Avocado Mash</p>	<p>Ingredients</p> <p>Water, Grapeseed Oil, Almonds, Lemon Juice, Soy Sauce (Water, Soybeans, Salt), Nutritional Yeast, Chipotles (Chipotles, Vinegar, Tomato, Spices), Garlic, Spices, Sea Salt. Contains Almonds (Tree Nuts), Soy.</p> <p>Hass Avocados, Lemon Juice, Sea Salt, Black Pepper.</p>