

## Artisan Baked Goods Nutritional Information (Boston)

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</u> Size (g)	<u>Calories</u>	<u>Calories</u> from Fat	<u>Total Fat</u> (g)	<u>Saturated</u> Fat (g)	<u>Trans Fat</u> (g)	<u>Cholesterol</u> (mg)	<u>Sodium</u> (mg)	<u>Total</u> <u>Carbohydr</u> <u>ates (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>
<b><u>Muffins:</u></b>												
Blueberry Muffin	198	660	300	33	6	0	140	460	81	2	45	8
Raisin Bran Muffin	170	420	150	17	4.5	0	55	650	65	9	21	9
Coffee Cake Muffin	170	590	280	31	5	0	125	420	71	1	40	7
<b><u>Scones:</u></b>												
Lemon Ginger Scone	170	420	200	22	14	0	95	280	49	1	14	7
Maple Walnut Scone	170	570	340	37	15	0	95	280	52	3	14	10
Mixed Berry Scone	140	430	200	23	14	0	95	280	51	2	15	7
<b><u>Croissants:</u></b>												
Almond Croissant	120	520	320	36	15	0	85	210	43	2	13	8
Croissant	62	390	250	28	15	0	85	210	30	1	3	5
Chocolate Croissant	90	510	310	35	19	0	85	200	44	3	15	6
<b><u>Danish:</u></b>												
Apple Danish	113	500	330	37	15	0	65	360	39	1	11	5
Raspberry Danish	99	610	330	37	15	0	65	350	66	2	33	5
Thebirkes	113	530	340	38	16	0	75	270	42	3	16	7
<b><u>Sweet Breads:</u></b>												
Lemon Poppyseed Bread	113	430	210	23	4	0	85	290	51	2	27	6
Banana Walnut Bread	113	510	230	25	5	0	70	580	65	2	34	7
Pumpkin Bread	113	410	190	21	4	0	45	280	53	2	34	4
Iced Gingerbread	117	420	190	21	4	0	45	280	54	< 1	36	4
<b><u>Cookies:</u></b>												
Chocolate Chip Cookie	113	510	220	24	14	0	70	390	68	3	40	6
Oatmeal Raisin Cookie	113	450	150	17	10	0	80	170	70	3	38	7
Coconut Cookie	113	310	90	10	4	0	0	330	52	2	30	3
Ginger Molasses Cookie	75	310	110	12	2	1	20	200	47	1	18	4

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#### **Muffins:**

- Blueberry Muffin Muffin base [sugar, bleached wheat flour, modified food starch, soybean oil, leavening, dairy whey, soy flour, salt, wheat gluten, emulsifiers, natural and artificial flavor], eggs, salt, soybean oil, blueberries. Contains: WHEAT, SOY, EGGS, MILK
- Raisin Bran Muffin Butter milk, all purpose flour, brown sugar, bran flour, soybean oil, eggs, baking soda, baking powder, salt, vanilla, raisins. Contains: WHEAT, MILK, EGGS, SOY
- Coffee Cake Muffin Sugar, bleached wheat flour, modified food starch, soybean oil, leavening ( baking soda, sodium aluminum phosphate, monocalcium phosphate), dairy whey, soy flour, salt, wheat gluten, emulsifiers (sodium stearoyl lactylate, glycol monoesters, monoglycerides) natural and artificial flavors, water, eggs, oil, unsalted butter, cinnamon. Contains: MILK, WHEAT, EGGS, SOY

#### **Scones:**

- Lemon Ginger Scone All purpose flour, butter, buttermilk, granulated sugar, egg, baking powder, baking soda, salt, lemon oil, caramelized ginger. Contains: WHEAT, MILK, EGGS
- Maple Walnut Scone All purpose flour, butter, granulated sugar, buttermilk, walnut pieces, egg, baking powder, maple spirit, baking soda, salt. Contains: WHEAT, MILK, EGGS, SOY, WALNUTS
- Mixed Berry Scone Flour, eggs, butter, sugar, salt, baking soda, baking powder, buttermilk, strawberries, blueberries, blackberries. Contains: WHEAT, MILK, EGGS

#### **Croissants:**

- Almond Croissant Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes), almond paste (almonds, sugar, water, almond oil, potassium sorbate); topping: almonds, powdered sugar. Contains: WHEAT, SOY, EGGS, MILK, TREE NUTS (ALMONDS)
- Croissant Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes). Contains: WHEAT, SOY, EGGS, MILK
- Chocolate Croissant Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes), Callebaut European Baton chocolate (sugar, cocoa fat, cocoa butter, soy lecithin, vanilla flavor); topping: powdered sugar. Contains: WHEAT, SOY, EGGS, MILK

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#### **Danish:**

Apple Danish	Special flour, sugar, salt, soybean oil, yeast, eggs, unsalted butter, S-Kimo (wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzymes), apple filling. Contains: WHEAT, SOY, EGGS, MILK
Raspberry Danish	Wheat flour, unsalted butter, eggs, soy oil, sugar, yeast, salt. Raspberry filling: Corn sweeteners, water, dries apples, raspberries, dextros, pectin, citric acid, U.S. certified colors and bisulfites. Contains: MILK, WHEAT, EGGS, SOY
Thebirkes	Wheat flour, unsalted butter, eggs, soy oil, sugar, yeast, salt, almond paste, poppy seeds. Contains: MILK, WHEAT, EGGS, SOY, ALMOND

#### **Sweet Breads:**

Lemon Poppyseed Bread	Muffin base [sugar, bleached wheat flour, modified food starch, soybean oil, leavening, dairy whey, soy flour, salt, wheat gluten, emulsifiers, natural and artificial flavor], eggs, salt, soybean oil, lemon oil, poppy seeds. Contains: SOY, WHEAT, MILK, EGGS
Banana Walnut Bread	Flour, eggs, sugar, soybean oil, baking soda, sour cream, salt, banana, walnuts. Contains: SOY, WHEAT, MILK, EGGS, TREE NUTS (WALNUTS)
Pumpkin Bread	Flour, eggs, sugar, salt, oil, baking powder, baking soda, pumpkin spice (cinnamon, nutmeg, allspice, ginger, cloves), pumpkin, raisins, butter crumble topping. Contains: WHEAT, SOY, MILK, EGGS
Iced Gingerbread	Muffin base [sugar, bleached wheat flour, modified food starch, soybean oil, leavening, dairy whey, soy flour, salt, wheat gluten, emulsifiers, natural and artificial flavor], eggs, salt, soybean oil, molasses, spices. Icing: sugar, water, corn starch. Contains: Soy, Wheat, Milk, Eggs

#### **Cookies:**

Chocolate Chip Cookie	Butter, brown sugar, eggs, flour, baking soda, salt, dark chocolate chunks. Contains: WHEAT, EGGS, MILK
Oatmeal Raisin Cookie	Butter, brown sugar, eggs, flour, baking soda, salt, cinnamon, nutmeg, raisins, oats. Contains: WHEAT, EGGS, MILK
Coconut Cookie	Flour, sugar, brown sugar, flake coconut, soy oil, flax seed, baking powder, baking soda, salt, artificial flavor. Contains: COCONUT, WHEAT, SOY
Ginger Molasses Cookie	All purpose flour (Unbleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Butter, Molasses, Eggs, Water, Ginger, Baking Soda, Cloves, Cinnamon, Salt. Contains: Wheat, Milk, Eggs