












Warm Breakfast 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 breakfast sandwich 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. Data for vitamins and minerals refers to percentage of US recommended daily intake values. 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 Breakfast												
Bacon & Cheddar Brioche		161	420	160	18	7	0	90	950	42	2	24
Crispy Ham & Swiss		162	390	140	16	9	0	70	1280	39	1	25
Grilled Cheese Croissant	Vegetarian	132	470	270	30	18	1	95	740	30	1	20
Egg White, Tomato & Feta Frittata	Vegetarian, Made without wheat	99	200	130	14	7	0	40	390	9	0	12
Bacon, Spinach & Swiss Frittata	Made without wheat	109	310	200	22	12	0.5	235	570	10	0	18
Chicken Chorizo Flatbread		147	360	160	18	8	0	165	630	25	1	23
Turkey Bacon & Egg White Sandwich		105	240	60	7	3.5	0	20	580	28	1	15
Everything Plant-Based Sandwich	Plant-Based	162	370	180	20	8	0	0	930	34	5	18
Roasted Turkey Parmesan Ciabatta		269	530	150	17	8	0	70	1850	57	2	39
Roasted Tomato Focaccia	Vegetarian	198	520	210	23	8	0	35	1030	58	5	19
Egg & Cheese	Vegetarian	119	260	90	10	4.5	0	40	560	27	1	15

WARM BREAKFAST		Ingredients
Bacon & Cheddar Brioche		burger bun: enriched wheat flour (wheat flour, niacin, reduced iron, ascorbic acid added as a dough conditioner, thiamine mononitrate, riboflavin, folic acid), water, eggs, sunflower and/or soybean oil, contains 2% or less of: egg yolks, cane sugar, salt, cultured wheat flour, yeast, egg whites, malted barley flour, wheat flour, lactic acid, enzymes. cage free fried egg patty: egg white, water, 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 erythorbate, sodium nitrite. Contains: wheat, milk, egg
Crispy Ham & Swiss		rustic 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, 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. swiss cheese: pasteurized part-skim milk, cheese culture, salt, enzymes. croque monsieur 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. nutmeg. Contains: wheat, milk
Grilled Cheese Croissant		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, Tomato & Feta Frittata		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: 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)]. canola oil. eggrite: 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
Bacon, Spinach & Swiss Frittata		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: 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)]. salt: salt, yellow prussiate of soda. black pepper. ground nutmeg. swiss, bacon and spinach mix: swiss cheese (pasteurized part skim milk, cheese cultures, salt and enzymes), powdered cellulose (to prevent caking). bacon: pork 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 balsamic onion jam: red onion, sugar, vinegars (balsamic, distilled, red wine), corn syrup, red wine, water, canola oil, pectin, orange juice concentrate, blackstrap molasses, salt, citric acid, black carrot powder, tamarind, spice. swiss cheese: swiss cheese (pasteurized part skim milk, cheese cultures, salt and enzymes), powdered cellulose (to prevent caking). pan release: high oleic canola oil, soy lecithin, propellant. Contains: egg, milk, soy

Chicken Chorizo Flatbread		chicken chorizo and cheese mix: 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. cheddar & monterey jack cheese: cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes, annatto (color)], monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), powdered cellulose (anti-caking agent), natamycin (mold inhibitor). cage free scrambled egg patty: whole egg, nonfat milk, modified food starch, 2% or less: salt, xanthan gum, citric acid, pepper. 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, cornstarch, monocalcium phosphate), enzymes. mild cheddar cheese: pasteurized milk, cheese culture, salt, enzymes, annatto (vegetable color). Contains: wheat, milk, egg
Turkey Bacon & Egg White Sandwich		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
Everything Plant-Based Sandwich		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, thiamine 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
Roasted Turkey Parmesan Ciabatta		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
Roasted Tomato Focaccia		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
Egg & Cheese		manchester malt bread: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, whole wheat coarse, malted wheat flakes, brown sugar, yeast, salt, wheat malt flour, barley malt extract, cultured wheat starch, ascorbic acid, citric acid, enzymes, sunflower oil. topping: pumpkin seeds. cage free fried egg patty: cage free egg whites, water, cage free whole eggs, modified corn starch, salt, xanthan gum, citric acid, coarse ground black pepper. colby jack cheese: colby and monterey jack cheeses (pasteurized milk, cheese cultures, salt, enzymes, color added). cheddar cheese: pasteurized milk, cheese culture, salt, enzymes, color added. Contains: egg, milk, wheat.