

winter lunch menu } december 2020 january 2021 february 2021

| monday | tuesday | wednesday | thursday | friday |
|---|--|--|--|---|
| | December 1st, 2020 | December 2nd, 2020 | December 3rd, 2020 | December 4th, 2020 |
| | Chicken Nuggets <i>Veggie Nuggets</i> WG Roll Steamed Carrots Melon | Asian Meatballs <i>Veggie Meatballs</i> Asian BBQ Sauce Quinoa Broccoli Pineapple | Turkey Taco <i>Boca Taco</i> Flour Tortilla Peppers & Onions Melon | Tomato Cream Pasta Mozzarella Cheese Cauliflower Apple Slices |
| December 7th, 2020 | December 8th, 2020 | December 9th, 2020 | December 10th, 2020 | December 11th, 2020 |
| Pizza Muffins Marinara Sauce Steamed Peas Melon | Tandoori Chicken <i>Tandoori Tofu</i> Brown Rice Steamed Carrots Melon | Ravioli Marinara Sauce Green Beans Pineapple | Turkey Sloppy Joe <i>Boca Sloppy Joe</i> WG Hamburger Bun Collard Greens Pear Slices | Three Bean Chili Shredded Cheddar Cheese Saltines Roasted Sweet Potato Apple Slices |
| December 14th, 2020 | December 15th, 2020 | December 16th, 2020 | December 17th, 2020 | December 18th, 2020 |
| Sweet & Sour Chicken <i>Sweet & Sour Tofu</i> Brown Rice Roasted Zucchini Orange Slices | Tortellini Marinara Sauce Broccoli Melon | Fajita Chicken <i>Fajita Tofu</i> Flour Tortilla Peppers & Onions Pineapple | Mac N Cheese Steamed Carrots Melon | Chicken Nuggets <i>Veggie Nuggets</i> WG Bread Roasted Butternut Squash Fruit Salad |
| December 21st, 2020 | December 22nd, 2020 | December 23rd, 2020 | December 24th, 2020 | December 25th, 2020 |
| Roasted Turkey w/Gravy <i>Tofurkey w/Gravy</i> WG Roll Mashed Potatoes Melon | Adobo Chicken <i>Adobo Tofu</i> Brown Rice Steamed Peas Pear Slices | Beef Burger <i>Veggie Burger</i> WG Hamburger Bun Roasted Beets Apple Slices | Penne Pasta w/Marinara Mozzarella Cheese Broccoli Pineapple | Veggie Tamale Green Beans Applesauce |
| December 28th, 2020 | December 29th, 2020 | December 30th, 2020 | December 31st, 2020 | |
| Veggie Burger WG Hamburger Bun Peas Orange Slices | Chicken Nuggets <i>Veggie Nuggets</i> WG Roll Steamed Carrots Melon | Asian Meatballs <i>Veggie Meatballs</i> Asian BBQ Sauce Quinoa Broccoli Pineapple | Turkey Taco <i>Boca Taco</i> Flour Tortilla Peppers & Onions Melon | |



winter GF/DF/EF lunch menu

december 2020
january 2021
february 2021

| monday | tuesday | wednesday | thursday | friday |
|---|--|--|--|--|
| | December 1st, 2020 Grilled Chicken GF Bread Steamed Carrots Melon | December 2nd, 2020 GF/DF/EF Asian Meatballs Asian BBQ Sauce Quinoa Broccoli Pineapple | December 3rd, 2020 Turkey Taco Corn Tortilla Peppers & Onions Melon | December 4th, 2020 GF Penne Pasta Turkey Bolognese Sauce Cauliflower Apple Slices |
| December 7th, 2020 GF/DF/EF Mac N Cheese Steamed Peas Melon | December 8th, 2020 GF/DF/EF Tandoori Chicken Brown Rice Steamed Carrots Melon | December 9th, 2020 GF Penne Pasta Turkey Bolognese Sauce Green Beans Pineapple | December 10th, 2020 Turkey Sloppy Joe GF Hamburger Bun Collard Greens Pear Slices | December 11th, 2020 Three Bean Chilli Shredded Cheddar Cheese GF Bread Roasted Sweet Potato Apple Slices |
| December 14th, 2020 Sweet & Sour Chicken Brown Rice Roasted Zucchini Orange Slices | December 15th, 2020 GF Penne Pasta Turkey Bolognese Sauce Broccoli Melon | December 16th, 2020 Fajita Chicken Corn Tortilla Peppers & Onions Pineapple | December 17th, 2020 GF/DF/EF Mac N Cheese Steamed Carrots Melon | December 18th, 2020 Grilled Chicken GF Bread Roasted Butternut Squash Fruit Salad |
| December 21st, 2020 Roasted Turkey w/Gravy GF Bread Mashed Potatoes Melon | December 22nd, 2020 Adobo Chicken Brown Rice Steamed Peas Pear Slices | December 23rd, 2020 Beef Burger GF Hamburger Bun Roasted Beets Apple Slices | December 24th, 2020 GF Penne Pasta w/Marinara DF Cheese Broccoli Pineapple | December 25th, 2020 Veggie Tamale Green Beans Applesauce |
| December 28th, 2020 Beef Burger GF Hamburger Bun Steamed Peas Orange Slices | December 29th, 2020 Grilled Chicken GF Bread Steamed Carrots Melon | December 30th, 2020 GF/DF/EF Asian Meatballs Asian BBQ Sauce Quinoa Broccoli Pineapple | December 31st, 2020 Turkey Taco Corn Tortilla Peppers & Onions Melon | |



winter Menu B lunch

december 2020
january 2021
february 2021

| monday | tuesday | wednesday | thursday | friday |
|--|--|--|--|--|
| | December 1st, 2020 Creamy Mac N Cheese Steamed Carrots Melon | December 2nd, 2020 Chicken Nuggets Broccoli Pineapple | December 3rd, 2020 Creamy Mac N Cheese Green Beans Melon | December 4th, 2020 Chicken Nuggets Cauliflower Apple Slices |
| December 7th, 2020 Penne Pasta Marinara Mozzarella Cheese Steamed Peas Melon | December 8th, 2020 Chicken Nuggets Steamed Carrots Melon | December 9th, 2020 Creamy Mac N Cheese Green Beans Pineapple | December 10th, 2020 Penne Pasta Marinara Mozzarella Cheese Collard Greens Pear Slices | December 11th, 2020 Chicken Nuggets Roasted Sweet Potato Apple Slices |
| December 14th, 2020 Creamy Mac N Cheese Roasted Zucchini Orange Slices | December 15th, 2020 Chicken Nuggets Broccoli Melon | December 16th, 2020 Creamy Mac N Cheese Green Beans Pineapple | December 17th, 2020 Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Melon | December 18th, 2020 Creamy Mac N Cheese Roasted Butternut Squash Fruit Salad |
| December 21st, 2020 Chicken Nuggets WG Roll Mashed Potatoes Melon | December 22nd, 2020 Penne Pasta Marinara Mozzarella Cheese Steamed Peas Pear Slices | December 23rd, 2020 Chicken Nuggets Roasted Beets Apple Slices | December 24th, 2020 Creamy Mac N Cheese Broccoli Pineapple | December 25th, 2020 Chicken Nuggets Green Beans Applesauce |
| December 28th, 2020 Penne Pasta Marinara Mozzarella Cheese Steamed Peas Orange Slices | December 29th, 2020 Creamy Mac N Cheese Steamed Carrots Melon | December 30th, 2020 Chicken Nuggets Broccoli Pineapple | December 31st, 2020 Creamy Mac N Cheese Green Beans Melon | |



| Lunch Ingredient List | | Allergens | | | | | | |
|-----------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Adobo Chicken | Antibiotic-free chicken breast, canola oil, salt Adobo Sauce ((organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)) Served with a flour tortilla (see bread ingredients) | | | | | | | |
| Apple Chicken Curry | Antibiotic-free chicken breast, canola oil, salt Apple Curry Sauce ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, unsalted butter (cream, natural flavorings), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), canola oil, celery, raw garlic, curry powder (spices, tumeric, and celery), ground cinnamon, ground cumin)) | | | | X | | | |
| Asian BBQ Chicken | Antibiotic free-chicken thigh Asian BBQ Sauce ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, soy sauce (water, soybeans, salt, sugar), canola oil, xanthan gum powder, dry ginger, chinese five spice)) | X | | | | | | |
| Asian Meatballs | Asian Meatball- (Antibiotic free ground turkey, bread crumbs, Hoisin Sauce (Dark brown sugar, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents)), garlic, ginger). | X | | X | | | | |
| Baked Ziti | Penne Pasta, Marinara Sauce, Baked Ziti Cheese Sauce (Mozzarella cheese, ricotta cheese, half & half, parmesan cheese) *See Marinara Ingredients | | | X | X | | | |
| BBQ Chicken | Antibiotic-free chicken breast, canola oil, salt BBQ Sauce (organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder)) | | | | | | | |
| Beef Burger | Ground beef, salt Served on whole grain hamburger bun (see bread ingredients) | | | | | | | |
| Beef Kofta Bites | Ground beef, onions, panko bread crumbs, garlic, sea salt, eggs, mint, cilantro, cumin, black pepper | | X | X | | | | |
| Beef Sloppy Joe | Ground beef, Organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor) Sloppy Joe Sauce ((red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic)) Served on a whole grain hamburger bun (see bread ingredients) | | | | | | | |
| Beef Tacos | Ground Beef Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a flour tortilla (see bread ingredients) | | | | | | | |
| Burrito, Turkey | Tortilla (see bread ingredients) Scrambled eggs & Turkey Crumbles whole eggs, abf ground turkey, seasoning, citric acid Mild shredded cheddar cheese (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent)) Salsa (diced tomatoes, onion, cilantro, lime juice, sea salt) | X | X | X | X | | | |
| Chicken (not so) Fried Rice | Antibiotic-free chicken thigh, Brown Rice, Peas & Carrots Sauce (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil) | X | | | | | | X |
| Chicken Nuggets | Antibiotic-free chicken breast, water, salt, unbleached wheat flour, water, salt, evaporated cane juice, dried yeast, spices, paprika **soybean oil to set breading | X | | X | | | | |

| Lunch Ingredient List | | Allergens | | | | | | |
|-----------------------|--|-----------|-----|--------------|-------|------|-----------|--------|
| | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Chicken Teriyaki | Antibiotic free-chicken breast, canola oil, salt Teriyaki Sauce (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch) | X | | | | | | |
| Chipotle Lime Chicken | Antibiotic free-chicken breast, canola oil, salt Chipotle Lime Sauce (honey, lime juice, soy sauce (water, soybeans, salt, sugar), canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic) | X | | | | | | |
| Fajita Chicken | Antibiotic Free Chicken Breast, canola oil, salt; Fajita Seasoning - ground cumin, coriander, paprika, chili powder, garlic powder, black pepper, onion powder, sea salt, cinnamon | | | | | | | |
| Fish Tenders | Marine stewardship council certified Alaska pollock, whole wheat flour, vegetable oil [soybean and/or canola], enriched wheat flour [flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, contains 2% or less of: yellow corn flour, wheat gluten, salt, sugar, iodized salt, yeast, whole yellow corn flour, soy flour, dextrose, leavening [baking soda, sodium aluminum phosphate], mono and diglycerides, extractives of paprika, spice extract, spice | X | | X | | X | | |
| French Toast | Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides. Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Eggs, Whole Milk, Sugar, Vanilla Extract, Ground Cinnamon | X | X | X | X | | | |
| Hawaiian Chicken | Antibiotic free-chicken breast, canola oil, salt Hawaiian Glaze (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger) | X | | | | | | |
| Hawaiian Turkey | Raised without antibiotics Golden Legacy Roasted Turkey Breast with up to 10% of natural flavoring solution of Water and Sea Salt. Hawaiian Glaze (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger) | X | | | | | | |
| Kung Pao Chicken | Antibiotic-free Chicken Breast, canola oil, salt. Kung Pao Sauce- (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger | X | | | | | | X |
| Lasagna Roll Up | Enriched Semolina (Durum Wheat Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, and Egg White, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt (salt, calcium silicate [an anticaking agent]), Black Pepper. | | X | X | X | | | |
| Lemon Chicken | Antibiotic free-chicken breast, canola oil, salt Lemon Sauce ((raw onion, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), garlic, honey, apple juice (apple juice concentrate, ascorbic acid (vitamin c), lemon juice, canola oil, water, mustard powder, white sugar, dry parsley, cornstarch, apple cider vinegar, dried thyme, sea salt)) | | | | | | | |

| Lunch Ingredient List | | Allergens | | | | | | |
|---|--|-----------|-----|--------------|-------|------|-----------|--------|
| | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Mac 'n Cheese | Elbow Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Cheese Sauce ((american cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt)) | | | X | X | | | |
| Marinara Sauce | Muir Glenn organic tomatoes, (Muir Glenn organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice), sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt | | | | | | | |
| Mediterranean Meatballs | Raised without antibiotics ground turkey, eggs, fresh mint, fresh cilantro, fresh garlic, ground Cumin, sea salt, ground black pepper, fresh green onions, whole grain bread crumbs wheat flour, dextrose, yeast, salt) | | X | X | | | | |
| Orange Chicken | Antibiotic free-chicken breast , canola oil, salt Orange Sauce ((water, orange jam (sugar, orange juice from concentrate 27%, water, apple pectin, citric acid, color foods (concentrates of carrot, black currant, safflower and lemon), natural flavor, sodium citrate, potassium sorbate, sunflower oil, calcium citrate, polyphosphates), apple cider vinegar, lemon juice, soy sauce (water, soybeans, salt, sugar), orange juice, xanthan gum powder, raw garlic, ground ginger, sea salt)) | X | | | | | | |
| Pasta (Rotini, Farfalle, Penne) with Tomato Cream Sauce | Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Tomato Cream Sauce ((organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, oregano, basil, sugar, salt, grated parmesan cheese (italian parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate)) Served w/ Mozzarella Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)) | | | X | X | | | |
| Pasta Marinara w/ Mozzarella | Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Marinara**See Marinara ingredients Served w/ Mozzarella Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)) | | | X | X | | | |
| Pizza Muffin | Organic stone ground all purpose flour, part-skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), baking powder, whole milk, liquid eggs, basil, garlic powder, oregano **served with marinara sauce (see marinara ingredients) | | X | X | X | | | |
| Ravioli (Cheese) Marinara | Cheese Ravioli (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid))), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper)** served with marinara sauce (see marinara ingredients) | X | X | X | X | | | |
| Roast Turkey w/Gravy | Raised without antibiotics Golden Legacy Roasted Turkey Breast with up to 10% of natural flavoring solution of Water and Sea Salt. Gravy (water, raw onion, carrots, raw garlic, soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt), vegetable base [sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate], xanthan gum, white rice flour, canola oil) | X | | | | | | |

| Lunch Ingredient List | | Allergens | | | | | | |
|-------------------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Sweet & Sour Chicken | Antibiotic free-chicken thigh Sweet & Sour Sauce (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt) | | | | | | | |
| Tandoori Chicken | Antibiotic free chicken breast, canola oil, sea salt. Tandoori Sauce - Plain yogurt, tandoori seasoning (Spices, Salt, Paprika, Chili Pepper, Sugar, Turmeric, Rice Concentrate, Red Pepper), lemon juice | | | | X | | | |
| Three Bean Chili | Kidney Beans, Black Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Sauce, Onion, Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Green Peppers, chili powder, garlic powder, paprika, cumin, sea salt | | | | | | | |
| Tortellini (Cheese) Marinara | Tortellini (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whey ricotta cheese (whey, whole milk, cream, vinegar), romano cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), water, whole egg, bread crumbs (wheat flour, sugar, canola oil, salt, yeast), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), dehydrated potatoes (100% potatoes), salt, parsley, black pepper) **served with marinara sauce (see marinara ingredients) | X | X | X | X | | | |
| Turkey Bolognese | Antibiotic-Free Ground Turkey , marinara sauce (see marinara ingredients), carrots | | | | | | | |
| Turkey Meatball Marinara | Meatballs (antibiotic-free ground turkey, wheat bread crumbs (bleached wheat flour, dextrose, yeast, salt), salt **served with marinara sauce (see marinara ingredients) Served on a whole grain hamburger bun (see bread ingredients) | | | X | | | | |
| Turkey Meatloaf | Antibiotic-Free Ground Turkey , Mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), spinach, eggs, whole wheat bread crumbs (see bread ingredients) , water, basil, organic ketchup ((organic tomato puree (organic tomato paste, water), organic natural milled sugar, vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor)), sea salt, dry onion powder, vegetable base | | X | X | | | | |
| Turkey Sausage Patties | Antibiotic-Free Ground Turkey Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt | | | | | | | |
| Turkey Sloppy Joe | Antibiotic-Free Ground Turkey Sloppy Joe Sauce (red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) Served on a whole grain hamburger bun (see bread ingredients) | | | | | | | |
| Turkey Swiss Sandwich | Raised without antibiotics turkey breast (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) Swiss Cheese (cultured pasteurized milk, salt, enzymes) Whole Grain Hamburger Bun (water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate)) | X | | X | X | | | |
| Turkey Tacos | Antibiotic-Free Ground Turkey Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a flour tortilla (see bread ingredients) | | | | | | | |
| Veggie Burger | Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper Served on a whole grain hamburger bun (see bread ingredients) | X | | X | | | | |

| Lunch Ingredient List | | Allergens | | | | | | |
|--|---|-----------|-----|--------------|-------|------|-----------|--------|
| | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Veggie Tamale | MASA INGREDIENTS: Cooked Stone Ground Corn, Shortening (Palm Oil, Soy Oil, Canola Oil and Topopherol (added as an antioxidant)), Water, Cultured Dextrose, Bisulfate of Soda, Spinach and Lime (Processing Agent). FILLING INGREDIENTS: Refried Pinto Beans, Zucchini, Red Bell Pepper, Salsa Verde (Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, and Garlic.) | X | | | | | | X |
| Za'atar Chicken | Antibiotic Free Chicken Breast , canola oil, salt; Za'atar Spice - ground sumac, ground cumin, thyme, sesame seeds, pepper, salt, dried marjoram; Sumac Sauce - sour cream, greek yogurt, garlic, dry sumac, lemon juice, olive oil, salt, pepper | | | | X | | | X |
| <p>Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue.</p> <p>**The Information provided following ** is intended to ensure readers consider entire entree items, not a single component. Additional information about specific allergens may also be included in this text.</p> | | | | | | | | |
| This information is subject to change at any time, or when Gourmet Gorilla develops new menu items or modifies existing recipes. | | | | | | | | |
| **May be subbed with Yellow American Cheese | Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin | X | X | | X | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|-----------------------------------|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Adobo Tofu | Tofu (non-GMO soybeans, water, calcium sulfate) Adobo Sauce ((organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)) Served with a flour tortilla (see bread ingredients) | X | | | | | | |
| Apple Curry Tofu | Tofu (non-GMO soybeans, water, calcium sulfate) Apple Curry Sauce ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, unsalted butter (cream, natural flavorings), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), canola oil, celery, raw garlic, curry powder (spices, turmeric, and celery), ground cinnamon, ground cumin)) | X | | | X | | | |
| Asian BBQ Tofu | Tofu (non-gmo soybeans, water, calcium sulfate) Asian BBQ Sauce ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, soy sauce (water, soybeans, salt, sugar), canola oil, xanthan gum powder, dry ginger, chinese five spice)) | X | | | | | | |
| Baked Ziti | Penne Pasta, Marinara Sauce, Baked Ziti Cheese Sauce (Mozzarella cheese, ricotta cheese, half & half, parmesan cheese) *See Marinara Ingredients | | | X | X | | | |
| BBQ Tofu | Tofu (non-GMO soybeans, water, calcium sulfate) BBQ Sauce (organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder)) | X | | | | | | |
| Boca Nachos | Boca crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices) Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Tortilla Chips (whole grain yellow corn treated with lime, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, TBHQ & citric acid (used as a preservative)) Nacho Cheese ((extra melt american cheese (american cheese (milk, cheese cultures, salt, enzymes), water, cream, sodium phosphate, color added, sorbic acid added as preservative)), mild cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), unsalted butter (cream, natural flavoring), whole milk, rice flour, unsalted butter, sea salt, taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)) | X | | X | X | | | |
| Boca Tacos | Boca crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices) Taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a flour tortilla (see bread ingredients) | X | | X | | | | |
| Buffalo Tofu Sandwich | Tofu (non-GMO soybeans, water, calcium sulfate) Buffalo Sauce ((unsalted butter, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder), raw garlic)) Served on a whole grain hamburger bun (see bread ingredients) | X | | | X | | | |
| Burrito, Los Cabos | Filling (Water, Pinto Beans (Cooked Pinto Beans ([Water, Pinto Beans], and Salt), Pinto Beans), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Contains 2% or less of: Spices, Garlic Powder, Salt, and Corn Starch) Whole Wheat Flour Tortilla (Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)]), Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) | X | | X | X | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|-----------------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Chipotle Lime Tofu | Tofu (non-GMO soybeans, water, calcium sulfate) Chipotle Lime Sauce (honey, lime juice, soy sauce (water, soybeans, salt, sugar), canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic)) | X | | | | | | |
| Fajita Tofu | Tofu (non-GMO soybeans, water, calcium sulfate); Fajita Seasoning - ground cumin, coriander, paprika, chili powder, garlic powder, black pepper, onion powder, sea salt, cinnamon | | | | | | | |
| French Toast | Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides. Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch) Liquid Eggs (whole eggs, citric acid, water), whole milk, imitation vanilla extract, ground cinnamon, sea salt, white sugar | X | X | X | X | | | |
| Hawaiian Tofu | Tofu (non-GMO soybeans, water, calcium sulfate) Hawaiian Glaze (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger) | X | | | | | | |
| Hoisin Sauce | Maple syrup, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents). | X | | | | | | |
| Kung Pao Tofu | Tofu (non-GMO soybeans, water, calcium sulfate). Kung Pao Sauce - (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger) | X | | | | | | X |
| Lasagna, Mexican | Whole Grain Tortilla (whole wheat flour, water, unbleached enriched flour (unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)) Refried Beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic) Shredded Mild Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride) Taco Seasoning (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor) Salsa (organic diced tomatoes, onion, lime juice, sea salt) | | | X | X | | | |
| Lasagna Roll Up | Enriched Semolina (Durum Wheat Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, and Egg White, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt (salt, calcium silicate [an anticaking agent]), Black Pepper. | | X | X | X | | | |
| Lemon Tofu | Tofu (non-GMO soybeans, water, calcium sulfate) Lemon Sauce ((raw onion, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), garlic, honey, apple juice (apple juice concentrate, ascorbic acid (vitamin c), lemon juice, canola oil, water, mustard powder, white sugar, dry parsley, cornstarch, apple cider vinegar, dried thyme, sea salt)) | X | | | | | | |
| Mac 'n Cheese | Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Cheese Sauce ((american cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt)) | | | X | X | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|---|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Marinara Sauce | Muir Glenn organic tomatoes, (Muir Glenn organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice), sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt | | | | | | | |
| Orange Tofu | Tofu (non-GMO soybeans, water, calcium sulfate) Orange Sauce ((water, orange jam (sugar, orange juice from concentrate 27%, water, apple pectin, citric acid, color foods (concentrates of carrot, black currant, safflower and lemon), natural flavor, sodium citrate, potassium sorbate, sunflower oil, calcium citrate, polyphosphates), apple cider vinegar, lemon juice, soy sauce (water, soybeans, salt, sugar), orange juice, xanthan gum powder, raw garlic, ground ginger, sea salt)) | X | | | | | | |
| Pasta Marinara with Mozzarella Cheese | Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Marinara ** (See marinara ingredients) Served w/ Mozzarella Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)) | | | X | X | | | |
| Pasta with Tomato Cream Sauce & Mozzarella Cheese | Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Tomato Cream Sauce ((diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, oregano, basil, sugar, salt, grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate)) Served w/ Mozzarella Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)) | | | X | X | | | |
| Pizza Muffins | All purpose enriched flour, part-skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), baking powder, whole milk, liquid eggs, basil, garlic powder, oregano **Served with marinara sauce (see marinara ingredients) | | X | X | X | | | |
| Quesadilla, Cheese | Whole Grain Tortilla (whole wheat flour, water, unbleached enriched flour (unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)) Mild Cheddar Cheese (cultured pasteurized milk, salt, enzymes, annatto color) | | | X | X | | | |
| Ravioli (Cheese) Marinara | Cheese Ravioli (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper) **served with marinara sauce (see marinara ingredients) | X | X | X | X | | | |
| | | | | | | | | |
| Sunbutter & Jelly Sandwich | Sunbutter (roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness) Jelly (organic concord grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid) Served on whole grain bread (see bread ingredients) | X | | X | | | | |
| Sweet & Sour Tofu | Tofu (non-GMO soybeans, water, calcium sulfate) Sweet & Sour Sauce (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt) | X | | | | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|-----------------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Tandoori Tofu | Tofu (non-GMO soybeans, water, calcium sulfate). Tandoori Sauce - Plain yogurt, tandoori seasoning (Spices, Salt, Paprika, Chili Pepper, Sugar, Turmeric, Rice Concentrate, Red Pepper), lemon juice | X | | | X | | | |
| Three Bean Chili | Kidney Beans, Black Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Sauce, Onion, Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Green Peppers, chili powder, garlic powder, paprika, cumin, sea salt | | | | | | | |
| Tofu Teriyaki | Tofu (non-GMO soybeans, water, calcium sulfate) Teriyaki Sauce (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch) | X | | | | | | |
| Tofurkey with Gravy | Tofurkey (mycoprotein (59%), rehydrated egg white, onion, milk proteins, canola oil, natural flavors from non-meat sources (contains yeast extract, onion, potato maltodextrin, salt, patioca dextrin, gum arabic) - contains 2% or less of calcium chloride and calcium acetate) Gravy (water, raw onion, carrots, raw garlic, soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt), vegetable base [sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate], xanthan gum, white rice flour, canola oil) | X | X | | X | | | |
| Tortellini Marinara | Tortellini (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whey ricotta cheese (whey, whole milk, cream, vinegar), romano cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), water, whole egg, bread crumbs (wheat flour, sugar, canola oil, salt, yeast), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), dehydrated potatoes (100% potatoes), salt, parsley, black pepper) Marinara Sauce ** (See marinara ingredients) | X | X | X | X | | | |
| Veggie Burger | Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper <i>**pre-cooked in expeller pressed canola oil</i> Served on a whole grain hamburger bun (see bread ingredients) | X | | X | | | | |
| Veggie Kofta Bite | Vegetarian Meatballs (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract) | X | | X | | | | |
| Veggie (not so) Fried Rice | Tofu (non-GMO soybeans, water, calcium sulfate), Brown Rice, Peas & Carrots, Sauce (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil) | X | | | | | | X |
| Veggie Meatball Marinara | Vegetarian Meatballs (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract) Marinara ** (See marinara ingredients) | X | | X | | | | |
| Veggie Meatball | Vegetarian Meatballs (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract) | X | | X | | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|---|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Veggie Meatloaf | Pinto beans (pinto beans, water, salt, calcium chloride & calcium disodium EDTA added for color retention), liquid eggs, salsa (diced tomatoes, onions, lime juice, sea salt), panko bread crumbs (bleached wheat flour, dextrose, yeast, salt), raw onion, ground cumin, garlic powder, black pepper | | X | X | | | | |
| Veggie Nuggets | Mycoprotein (41%), wheat flour, canola oil, rehydrated egg white, wheat starch, contains 2% or less of natural flavor from non-meat sources (contains yeast, salt, onion), potato dextrin, salt, wheat gluten, dextrose, whole egg & egg white, pea fiber, milk proteins, firming agents: calcium chloride, calcium acetate, turbinado sugar, spice, yeast | | X | X | | | | |
| Veggie Sausage Patties | Water, Wheat Gluten, Soy Flour, Egg Whites, Corn Oil, Soy Protein Concentrate, Sodium Casinate, Modified Tapioca Starch, Contains 2% or less of Lactose, Soybean Oil (With TBHQ for Freshness), Soy Protein Isolate, Autolyzed Yeast Extract, Spices, Natural & Artificial Flavors, Methylcellulose, Sodium Tripolyphosphate, Salt, Hydrolyzed wheat Gluten, Disodium Inosinate, Caramel Color, Modified Corn Starch, Whey, Hydrolyzed Corn Gluten, Maltodextrin, Onion Powder, Disodium Guanylate, Tetrasodium Pyrophosphate, Tricalcium Phosphate, Lactic Acid, Ascorbic Acid, Brewer's Yeast, Torula Yeast, Calcium Phosphate, Soy Lecithin, Iron (Ferrous Sulfate), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (vitamin B6), Riboflavin (vitamin B2), Vitamin B12 | X | X | X | X | | | |
| Veggie Sloppy Joe | Boca Crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat flavor), dried onions, garlic powder spices) Sloppy Joe Sauce (red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) Served on a whole grain hamburger bun (see bread ingredients) | X | | X | | | | |
| Veggie Tamale | MASA INGREDIENTS: Cooked Stone Ground Corn, Shortening (Palm Oil, Soy Oil, Canola Oil and Tocopherol (added as an antioxidant)), Water, Cultured Dextrose, Bisulfate of Soda, Spinach and Lime (Processing Agent). FILLING INGREDIENTS: Refried Pinto Beans, Zucchini, Red Bell Pepper, Salsa Verde (Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, and Garlic.) | X | | | | | | X |
| Za'atar Tofu | Tofu (non-GMO soybeans, water, calcium sulfate); Za'atar Spice - ground sumac, ground cumin, thyme, sesame seeds, pepper, salt, dried marjoram; Sumac Sauce - sour cream, greek yogurt, garlic, dry sumac, lemon juice, olive oil, salt, pepper | X | | | X | | | X |
| Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue. **The Information provided following ** is intended to ensure readers consider entire entree items, not a single component. Additional information about specific allergens may also be included in this text. | | | | | | | | |
| This information is subject to change at any time, or when Gourmet Gorilla develops new menu items or modifies existing recipes. | | | | | | | | |
| **May be subbed with Yellow American Cheese | Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin | X | X | | X | | | |

| Gluten Free Dairy Free Lunch Ingredients List | | Allergens | | | | | | |
|---|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Adobo Chicken | Antibiotic free-chicken breast, canola oil, salt Adobo sauce ((organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)) Served with a corn tortilla (see bread ingredients) | | | | | | | |
| Asian BBQ Chicken | Antibiotic free-chicken thigh, canola oil, salt Asian BBQ sauce ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, soy sauce (water, soybeans, salt, sugar), canola oil, xanthan gum powder, dry ginger, chinese five spice)) | X | | | | | | |
| GF/DF/EF Asian Meatballs | Asian Meatball- (Antibiotic free ground turkey, Hoisin Sauce (Dark brown sugar, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents)), salt). | X | | | | | | |
| BBQ Chicken | Antibiotic free-chicken breast, canola oil, salt BBQ sauce (organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder)) | | | | | | | |
| Beef Burger | Ground beef, salt Served on a gluten-free hamburger bun (see bread ingredients) | | | | | | | |
| GF/DF/EF Beef Kofta Bites | GF/DF/EF Beef Kofta - Ground beef, onion, garlic, salt, cilantro, mint, red chili pepper, cumin, black pepper. | | | | | | | |
| Beef Sloppy Joe | Ground beef Sloppy joe sauce ((red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic)) | | | | | | | |
| Beef Taco | Ground beef Dry taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) | | | | | | | |
| Catfish | Catfish, salt, canola oil | | | | | X | | |
| Chicken (not so) Fried Rice | Antibiotic free-chicken thigh, brown rice, peas & carrots Sauce (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil) | X | | | | | | X |
| Chicken Teriyaki | Antibiotic free-chicken thigh, canola oil, salt Teriyaki sauce (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch) | X | | | | | | |
| Chipotle Lime Chicken | Antibiotic free-chicken breast, canola oil, salt Chipotle lime sauce (honey, lime juice, soy sauce (water, soybeans, salt, sugar), canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic)) | X | | | | | | |
| Dairy Free Mozzarella Cheese | Dairy-free mozzarella cheese (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking) | | | | | | | |
| Fajita Chicken | Antibiotic Free Chicken Breast, canola oil, salt; Fajita Seasoning - ground cumin, coriander, paprika, chili powder, garlic powder, black pepper, onion powder, sea salt, cinnamon | | | | | | | |
| GF/DF/EF Mac n Cheese | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour) Sauce (vegan cheddar cheese: filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO, Soy milk (water, organic soybeans) | X | | | | | | |

| Gluten Free Dairy Free Lunch Ingredients List | | Allergens | | | | | | |
|---|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| GF/DF/EF Pasta Marinara | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour) Marinara **See marinara ingredients Dairy-free mozzarella cheese (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking) | X | | | | | | |
| GF/DF/EF Apple Chicken Curry | Antibiotic free-chicken breast , canola oil, salt Apple curry sauce ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), canola oil, celery, raw garlic, curry powder (spices, tumeric, and celery), ground cinnamon, ground cumin)) | | | | | | | |
| GF/DF/EF Bean & Cheese Tamale | Black beans Dairy-free cheese (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO), canola oil, dry corn masa, sea salt, baking powder, water | | | | | | | |
| GF/DF/EF Buffalo Chicken Sandwich | Antibiotic free-chicken breast , canola oil, sea salt Buffalo sauce (raw garlic, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder) Served on a gluten-free hamburger bun (see bread ingredients) | | | | | | | |
| GF/DF/EF Cheese Tamale | Dairy-free cheese (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO), canola oil, dry corn masa, sea salt, baking powder, water | | | | | | | |
| GF/DF/EF Mediterranean Meatballs | Antibiotic-free ground turkey , green onions, raw garlic, sea salt, raw mint, raw cilantro, ground cumin, red chili pepper, ground black pepper | | | | | | | |
| GF/DF/EF Pizza | Pizza crust (gluten-free flour (brown rice, tapioca, soy), water, palm oil, xanthan gum, dry yeast, salt, baking soda. Marinara: diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water) Dairy-free cheddar (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking) | X | | | | | | |
| GF/DF/EF Turkey Meatballs Marinara | Meatballs (antibiotic-free turkey, salt) Marinara **See marinara ingredients | | | | | | | |
| GF/DF/EF Turkey Meatloaf | Antibiotic-free ground turkey , spinach, organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), onion powder, mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), pure honey, sea salt, garlic powder | | | | | | | |
| GF/DG/EF Waffle | Water, Van's Gluten Free Mix (Brown Rice Flour, Potato Starch, Rice Flour, Soy Flour), Non-GMO Expeller Pressed Canola Oil, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Rice Flour, Monocalcium Phosphate), Van's Natural Fruit Juice Blend (Pineapple, Peach and Pear Juice Concentrates), Sea Salt, Guar Gum, Soy Lecithin | X | | | | | | |
| Grilled Chicken/Grilled Chicken Strips | Antibiotic-free chicken , canola oil, salt, pepper | | | | | | | |
| Hawaiian Chicken | Antibiotic free-chicken breast , canola oil, sea salt Hawaiian glaze (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger) | X | | | | | | |

| Gluten Free Dairy Free Lunch Ingredients List | | Allergens | | | | | | |
|---|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Hawaiian Turkey | Roasted turkey (up to 15% of a flavoring solution of turkey broth, contains less than 2% of: salt, sugar, sodium, potassium phosphate) Hawaiian glaze (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger) | X | | | | | | |
| Kung Pao Chicken | Antibiotic-free Chicken Breast , canola oil, salt. Kung Pao Sauce - (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger) | X | | | | | | X |
| Lemon Chicken | Antibiotic free-chicken breast , canola oil, salt Lemon sauce ((raw onion, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), garlic, honey, apple juice (apple juice concentrate, ascorbic acid (vitamin c), lemon juice, canola oil, water, mustard powder, white sugar, dry parsley, cornstarch, apple cider vinegar, dried thyme, sea salt)) | | | | | | | |
| Orange Chicken | Antibiotic free-chicken breast , canola oil, salt Orange sauce ((water, orange jam (sugar, orange juice from concentrate 27%, water, apple pectin, citric acid, color foods (concentrates of carrot, black currant, safflower and lemon), natural flavor, sodium citrate, potassium sorbate, sunflower oil, calcium citrate, polyphosphates), apple cider vinegar, lemon juice, soy sauce (water, soybeans, salt, sugar), orange juice, xanthan gum powder, raw garlic, ground ginger, sea salt)) | X | | | | | | |
| Roasted Turkey With Gravy | Raised without antibiotics Golden Legacy Roasted Turkey Breast with up to 10% of natural flavoring solution of Water and Sea Salt. Gravy (water, raw onion, carrots, raw garlic, soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt), vegetable base [sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate], xanthan gum, white rice flour, canola oil) | X | | | | | | |
| Sweet & Sour Chicken | Antibiotic free-chicken thigh , canola oil, sea salt Sweet & sour sauce (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt) | | | | | | | |
| GF/DF/EF Tandoori Chicken | Antibiotic free chicken breast, canola oil, sea salt. Tandoori Sauce - Soy Milk , tandoori seasoning (Spices, Salt, Paprika, Chili Pepper, Sugar, Turmeric, Rice Concentrate, Red Pepper), lemon juice | X | | | | | | |
| Three Bean Chili | Kidney Beans, Black Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Sauce, Onion, Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Green Peppers, chili powder, garlic powder, paprika, cumin, sea salt | | | | | | | |
| Turkey Bolognese on GF Pasta | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour) Bolognese sauce (antibiotic-free turkey, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, carrots, salt, sugar, oregano, basil, water) | X | | | | | | |
| Turkey Sausage Patties | Antibiotic-free ground turkey Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt | | | | | | | |
| Turkey Sloppy Joe | Antibiotic-free ground turkey Sloppy joe sauce (red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) Served on a gluten free hamburger bun (see bread ingredients) | | | | | | | |
| Turkey Tacos | Antibiotic-free ground turkey Taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a corn tortilla (see bread ingredients) | | | | | | | |

| Fruit & Veggie Sides Ingredients | | Allergens | | | | | | |
|----------------------------------|---|-----------|-----|-------|-------|------|-----------|--------|
| Vegetable Items | Ingredients | Soy | Egg | Wheat | Dairy | Fish | Shellfish | Sesame |
| Broccoli | Broccoli | | | | | | | |
| Cauliflower | Cauliflower | | | | | | | |
| Coined Carrots | Carrots | | | | | | | |
| Cold Peas | Peas | | | | | | | |
| Corn | Corn | | | | | | | |
| Cucumbers | Cucumbers | | | | | | | |
| Cucumber Salad | Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper | | | | | | | |
| Green Beans | Green beans | | | | | | | |
| Mashed Potatoes | Potatoes, whole milk, butter, sea salt | | | | X | | | |
| Mashed Sweet Potatoes | Sweet potatoes, whole milk, unsalted butter, sea salt | | | | X | | | |
| Snap Peas | Snap peas | | | | | | | |
| GF/DF/EF Mashed Potatoes | Potatoes, organic soy milk, sea salt | X | | | | | | |
| GF/DF/EF Mashed Sweet Potatoes | Sweet potatoes, organic soy milk, salt | X | | | | | | |
| Peas | Peas | | | | | | | |
| Peas & Carrots | Peas, carrots | | | | | | | |
| Peppers & Onions | Green bell pepper, onions, red bell peppers, yellow peppers | | | | | | | |
| Steamed Carrots | Carrots, sea salt | | | | | | | |
| Roasted Beets | Beets, canola oil, sea salt | | | | | | | |
| Roasted Butternut Squash | Butternut squash, canola oil, salt | | | | | | | |
| Roasted Potatoes | Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, disodium dihydrogen pyrophosphate (to promote color retention), dextrose | X | | | | | | |
| Roasted Sweet Potatoes | Sweet potatoes, canola oil | | | | | | | |
| Roma Tomatoes | Roma Tomatoes | | | | | | | |
| | Ingredients | | | | | | | |
| Apple Slices | Apples, calcium ascorbate | | | | | | | |
| Appleberry Sauce | Unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), frozen unsweetened strawberries | | | | | | | |
| Applesauce | Apples, water, erythorbic acid (to maintain color) | | | | | | | |
| Applesauce, Cinnamon | Apples, water, cinnamon, natural flavor, ascorbic acid (vitamin C) | | | | | | | |
| Banana | Banana | | | | | | | |
| Cantaloupe | Cantaloupe | | | | | | | |
| Craisins, Strawberry | Cranberries, sugar, natural strawberry flavor with other natural flavors, citric acid, sunflower oil, elderberry juice concentrate (color) | | | | | | | |
| Fruit Salad | 2 or more: watermelon, cantaloupe, honeydew, pineapple, strawberries, blueberries | | | | | | | |
| Honeydew | Honeydew | | | | | | | |
| Kiwi | Kiwi | | | | | | | |
| Mango | Mango | | | | | | | |
| Orange Slices | Oranges | | | | | | | |
| Pear Slices | Pears, calcium ascorbate | | | | | | | |

| Fruit & Veggie Sides Ingredients | | Allergens | | | | | | |
|--|---|-----------|-----|-------|-------|------|-----------|--------|
| Vegetable Items | Ingredients | Soy | Egg | Wheat | Dairy | Fish | Shellfish | Sesame |
| Pearsauce | Pears, water, white sugar | | | | | | | |
| Pineapple | Pineapple | | | | | | | |
| Raisins | California sun dried raisins | | | | | | | |
| Watermelon | Watermelon | | | | | | | |
| | Ingredients | | | | | | | |
| Asian Noodles | Wheat Flour, Water, Wheat Gluten, Salt, Soybean Oil | X | | X | | | | |
| Brown Rice | Whole grain parboiled brown rice | | | | | | | |
| Hummus | Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water | | | | | | | X |
| Jelly, Grape | Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid | | | | | | | |
| Jelly Packet, Grape | Concord grapes, sugar, fruit pectin, citric acid | | | | | | | |
| Ketchup | Muir Glenn Organic Ketchup, Organic Tomato concentrate from red ripe tomatoes, distilled vinegar, sugar, salt, onion powder, spice, onion powder, natural flavoring | | | | | | | |
| Marinara sauce | Muir Glenn organic tomatoes, Muir Glenn organic tomato juice, sea salt, naturally derived citric acid, calcium chloride, Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt | | | | | | | |
| Ranch Dressing (Bulk) | Soybean oil, cultured nonfat buttermilk, water, distilled vinegar, contains less than 2% of: salt, cultured skim milk, natural flavor, sugar, whey protein concentrate, tamarind and xanthan gum, garlic powder, onion powder, lemon juice concentrate, ground mustard, spice, dried parsley, ground celery | X | | | X | | | |
| Ranch Dressing (Packet) | Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch, Contains 2% or less of Buttermilk, Natural Flavors, Potassium Chloride, Salt, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (as preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor | X | X | | X | | | |
| Salsa | Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, lime juice, salt | | | | | | | |
| Sour Cream (Bulk) | Grass raised milk Cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes | | | | X | | | |
| Sumac Sauce | Sour cream see sour cream bulk Greek yogurt (cultured pasteurized grade A nonfat milk), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac | | | | x | | | |
| Sunbutter | Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness) | | | | | | | |
| Quinoa | Quinoa | | | | | | | |
| <p>Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue.</p> <p>**The Information provided following ** is intended to ensure readers consider entire entree items, not a single component. Additional information about specific allergens may also be included in this text.</p> <p>This information is subject to change at any time, or when Gourmet Gorilla develops new menu items or modifies existing recipes.</p> | | | | | | | | |

| Bread Ingredients | | Allergens | | | | | | |
|------------------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Biscuit, Whole Grain | Whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), maltodextrin, contains less than 2% of the following: potassium chloride, sugar, water, modified cornstarch, rice flour, soybean oil, artificial flavor, salt, datem, mono & diglycerides, soy lecithin | X | | X | X | | | |
| Bread, Whole Grain | Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes). | | | X | | | | |
| Bread, Gluten Free | Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D | | | | | | | |
| Cornbread | Whole grain cornmeal, whole wheat flour, sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, canola oil, baking powder, salt | | X | X | X | | | |
| English Muffin, Honey Wheat | Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, non-fat milk | X | | X | X | | | |
| English Muffin, Whole Grain | Whole wheat flour, water, farina, wheat gluten, yeast, salt, perservatives (calcium propionate, sorbic acid), sugar, grain vinegar, sodium stearoyl lactylate, natural flavor (contains milk), mono - and diglycerides, ethoxylated mono- and diglycerides, soy lecithin, soy, sucralose, whey | X | | X | X | | | |
| Hamburger Bun, Whole Grain | Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes). | | | X | | | | |
| Hamburger Bun, Gluten Free | Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono delta lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid, and vitamin D | | | | | | | |
| Kid Bun | Unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, contains 2% or less of the following: wheat gluten, soybean oil, salt, cultured wheat flour, monocalcium phosphate, sodium stearoyl lactylate, monoglycerides, flaxseed, maltodextrin, wheat starch, DATEM, calcium sulfate | X | | X | | | | |

| Bread Ingredients | | Allergens | | | | | | |
|--------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Pita Bread, Flour | Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate | X | | X | | | | |
| Pita Bread, Whole Grain | Whole wheat flour, water, unbleached unbromated enriched flour (Niacin, thiamin, reduced iron, riboflavin, folic acid), soybean oil. Contains 2% or less of: Calcium propionate, caramel color, dextrose, fumaric acid, guar gum, lactic acid, maltodextrin, monocalcium phosphate, natural flavors, salt, sesame flour, sodium bicarbonate, sorbic acid, soy flour, soy protein, concentrate sugar, vegetable l-cysteine, vegetable mono diglycerides, wheat enzymes), wheat gluten, yeast | X | | X | | | | X |
| Pita, Whole Grain, Pizza | Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), canola oil, sugar, salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cultured wheat, calcium propionate | | | X | | | | |
| Pizza Dough, Whole Grain | Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes). | | | X | | | | |
| Roll, Whole Grain | Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes). | | | X | | | | |
| Tortilla, Corn | Corn, water, and lime (calcium hydroxide) | | | | | | | |
| Tortilla, Flour | Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate, fumaric acid, mono and diglycerides, calcium propionate | | | X | | | | |
| Tortilla, Whole Grain | Whole wheat flour, water, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite) | | | X | | | | |
| Waffle, Gluten Free | Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin | X | | | | | | |
| Waffle, Whole Grain | Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Milk Solids, Eggs, Less than 2%: Soy Lecithin, Wheat Bran, Sodium Acid Pyrophosphate, Salt, Baking Soda, Monocalcium Phosphate. | X | X | X | X | | | |

| Bread Ingredients | | Allergens | | | | | | |
|---|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Whole Grain Saltine Crackers | Whole Grain Wheat Flour, Bleached and Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Soybean Oil, Palm Oil, Refiner's Syrup, Baking Soda, Sea Salt, Salt, MAlTED Barley Flour, Yeast | X | | X | | | | |
| <p>Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue.</p> <p>**The Information provided following ** is intended to ensure readers consider entire entree items, not a single component. Additional information about specific allergens may also be included in this text.</p> <p>This information is subject to change at any time, or when Gourmet Gorilla develops new menu items or modifies existing recipes.</p> | | | | | | | | |