

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 1st, 2021</b> Tortellini w/ Marinara Sauce Steamed Peas Orange Slices	<b>March 2nd, 2021</b> Kung Pao Chicken <i>Kung Pau Tofu</i> Brown Rice Steamed Carrots Melon	<b>March 3rd, 2021</b> Asian Meatballs <i>Veggie Meatballs</i> Asian BBQ Sauce Quinoa Broccoli Pineapple	<b>March 4th, 2021</b> Mac N Cheese Cauliflower Melon	<b>March 5th, 2021</b> Fish Tenders <i>Veggie Nuggets</i> WG Bread Cucumber Salad Apple Slices
<b>March 8th, 2021</b> Turkey Sloppy Joe <i>Boca Sloppy Joe</i> WG Hamburger Bun Roasted Potatoes Pineapple	<b>March 9th, 2021</b> Mojo Chicken <i>Mojo Tofu</i> WG Roll Green Beans Orange Slices	<b>March 10th, 2021</b> Beef Kofta Bites <i>Veggie Meatballs</i> Brown Rice Steamed Carrots Mango	<b>March 11th, 2021</b> Pizza Muffins Marinara Sauce Collard Greens Pear Slices	<b>March 12th, 2021</b> Veggie Burger WG Hamburger Bun Cucumber Salad Apple Slices
<b>March 15th, 2021</b> Peri Peri Chicken <i>Peri Peri Tofu</i> Brown Rice Peas & Carrots Orange Slices	<b>March 16th, 2021</b> Beef Burger <i>Veggie Meatballs w/WG Roll</i> WG Hamburger Bun Broccoli Melon	<b>March 17th, 2021</b> Sweet & Sour Chicken <i>Sweet &amp; Sour Tofu</i> WG Roll Cauliflower Pineapple	<b>March 18th, 2021</b> Lasagna Roll Up w/Marinara Sauce Mozzarella Cheese Steamed Carrots Melon	<b>March 19th, 2021</b> Chicken Nuggets <i>Veggie Nuggets</i> WG Bread Green Beans Fruit Salad
<b>March 22nd, 2021</b> Meatloaf <i>Veggie "Meatloaf"</i> WG Roll Roasted Sweet Potatoes Melon	<b>March 23rd, 2021</b> Turkey Bolognese Pasta <i>Veggie Bolognese Pasta</i> Steamed Peas Pear Slices	<b>March 24th, 2021</b> Lemon Chicken <i>Lemon Tofu</i> Brown Rice Broccoli Apple Slices	<b>March 25th, 2021</b> Tomato Cream Pasta Mozzarella Cheese Cucumber Slices Pineapple	<b>March 26th, 2021</b> Bean & Cheese Tamale Green Beans Applesauce
<b>March 29th, 2021</b> Tortellini w/ Marinara Sauce Steamed Peas Orange Slices	<b>March 30th, 2021</b> Kung Pao Chicken <i>Kung Pao Tofu</i> Brown Rice Steamed Carrots Melon	<b>March 31st, 2021</b> Asian Meatballs <i>Veggie Meatballs</i> Asian BBQ Sauce Quinoa Broccoli Pineapple		

# SPRING LUNCH MENU

March 2021  
April 2021  
May 2021



## SPRING GF/DF/EF LUNCH MENU

March 2021  
April 2021  
May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 1st, 2021</b> GF Penne Pasta Turkey Bolognese Sauce Steamed Peas Orange Slices	<b>March 2nd, 2021</b> Kung Pao Chicken Brown Rice Steamed Carrots Melon	<b>March 3rd, 2021</b> GF/DF/EF Asian Meatballs Asian BBQ Sauce Quinoa Broccoli Pineapple	<b>March 4th, 2021</b> GF/DF/EF Mac N Cheese Cauliflower Melon	<b>March 5th, 2021</b> Catfish GF Bread Cucumber Salad Apple Slices
<b>March 8th, 2021</b> Turkey Sloppy Joe GF Hamburger Bun Roasted Potatoes Pineapple	<b>March 9th, 2021</b> GF/DF/EF Mojo Chicken GF Bread Green Beans Orange Slices	<b>March 10th, 2021</b> GF/DF/EF Beef Kofta Bites Brown Rice Steamed Carrots Mango	<b>March 11th, 2021</b> GF/DF/EF Mac N Cheese Collard Greens Pear Slices	<b>March 12th, 2021</b> Beef Burger GF Hamburger Bun Cucumber Salad Apple Slices
<b>March 15th, 2021</b> Peri Peri Chicken Brown Rice Peas & Carrots Orange Slices	<b>March 16th, 2021</b> Beef Burger GF Hamburger Bun Broccoli Melon	<b>March 17th, 2021</b> Sweet & Sour Chicken GF Bread Cauliflower Pineapple	<b>March 18th, 2021</b> GF Penne Pasta Turkey Bolognese Sauce Steamed Carrots Melon	<b>March 19th, 2021</b> Grilled Chicken GF Bread Green Beans Fruit Salad
<b>March 22nd, 2021</b> GF/DF/EF Meatloaf GF Bread Roasted Sweet Potatoes Melon	<b>March 23rd, 2021</b> GF Penne Pasta Turkey Bolognese Sauce Steamed Peas Pear Slices	<b>March 24th, 2021</b> Lemon Chicken Brown Rice Broccoli Apple Slices	<b>March 25th, 2021</b> GF Penne Pasta Turkey Bolognese Sauce Cucumber Slices Pineapple	<b>March 26th, 2021</b> GF/DF/EF Bean & Cheese Tamale Green Beans Applesauce
<b>March 29th, 2021</b> GF Penne Pasta Turkey Bolognese Sauce Steamed Peas Orange Slices	<b>March 30th, 2021</b> Kung Pao Chicken Brown Rice Steamed Carrots Melon	<b>March 31st, 2021</b> GF/DF/EF Asian Meatballs Asian BBQ Sauce Quinoa Broccoli Pineapple		

# SPRING LUNCH MENU B LUNCH

March 2021  
April 2021  
May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 1st, 2021</b> Chicken Nuggets WG Bread Steamed Peas Orange Slices	<b>March 2nd, 2021</b> Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Melon	<b>March 3rd, 2021</b> Creamy Mac N Cheese Broccoli Pineapple	<b>March 4th, 2021</b> Chicken Nuggets WG Bread Cauliflower Melon	<b>March 5th, 2021</b> Creamy Mac N Cheese Cucumber Salad Apple Slices
<b>March 8th, 2021</b> Penne Pasta Marinara Mozzarella Cheese Roasted Potatoes Pineapple	<b>March 9th, 2021</b> Chicken Nuggets WG Bread Green Beans Orange Slices	<b>March 10th, 2021</b> Creamy Mac N Cheese Steamed Carrots Mango	<b>March 11th, 2021</b> Chicken Nuggets WG Bread Collard Greens Pear Slices	<b>March 12th, 2021</b> Penne Pasta Marinara Mozzarella Cheese Cucumber Salad Apple Slices
<b>March 15th, 2021</b> Creamy Mac N Cheese Peas & Carrots Orange Slices	<b>March 16th, 2021</b> Chicken Nuggets WG Bread Broccoli Melon	<b>March 17th, 2021</b> Creamy Mac N Cheese Green Beans Pineapple	<b>March 18th, 2021</b> Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Melon	<b>March 19th, 2021</b> Creamy Mac N Cheese Green Beans Fruit Salad
<b>March 22nd, 2021</b> Penne Pasta Marinara Mozzarella Cheese Roasted Sweet Potatoes Melon	<b>March 23rd, 2021</b> Chicken Nuggets WG Bread Steamed Peas Pear Slices	<b>March 24th, 2021</b> Creamy Mac N Cheese Broccoli Apple Slices	<b>March 25th, 2021</b> Chicken Nuggets WG Bread Cucumber Slices Pineapple	<b>March 26th, 2021</b> Creamy Mac N Cheese Green Beans Applesauce
<b>March 29th, 2021</b> Chicken Nuggets WG Bread Steamed Peas Orange Slices	<b>March 30th, 2021</b> Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Melon	<b>March 31st, 2021</b> Creamy Mac N Cheese Broccoli Pineapple		

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, turmeric, 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))							
Bean & Cheese Tamale	MASA: Cooked Stone Ground Corn, Shortening (Palm Oil, Soy Oil, Canola Oil and Topopherol (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate). FILLING: Refried Pinto Beans (Pinto Beans, Salt, Garlic Powder, Onion Powder) and Quesadilla Cheese (Cultured Pasteurized Milk, Salt, Enzymes).	X			X			
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			

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Chicken (not so) Fried Rice	<b>Antibiotic-free chicken thigh, Brown Rice, Peas &amp; Carrots Sauce</b> (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil)	X						X
Chicken Nuggets	<b>Antibiotic-free chicken breast</b> , water, salt, unbleached wheat flour, water, salt, evaporated cane juice, dried yeast, spices, paprika <i>**soybean oil to set breading</i>	X		X				
Chicken Teriyaki	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Teriyaki Sauce</b> (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						
Chipotle Lime Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Chipotle Lime Sauce</b> (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	<b>Marine stewardship council certified Alaska pollock</b> , 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	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Hawaiian Glaze</b> (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	<b>Raised without antibiotics Golden Legacy Roasted Turkey Breast</b> with up to 10% of natural flavoring solution of Water and Sea Salt. <b>Hawaiian Glaze</b> (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	<b>Antibiotic-free Chicken Breast</b> , canola oil, salt. <b>Kung Pao Sauce-</b> (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	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Lemon Sauce</b> (Onion, garlic, lemon juice, water, canola oil, corn starch, sea salt)							

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Mac 'n Cheese	<b>Elbow Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Cheese Sauce</b> ((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	Diced Toamtoes (Tomatoes, 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				
Mojo Chicken Thigh	Antibiotic free chicken thigh, mojo sauce (orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano)							
Orange Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Orange Sauce</b> ((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	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Tomato Cream Sauce</b> ((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)) <b>Served w/ Mozzarella Cheese</b> (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Pasta Marinara w/ Mozzarella	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Marinara**See Marinara ingredients</b> <b>Served w/ Mozzarella Cheese</b> (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Peri Peri Chicken Breast	<b>Antibiotic free-chicken breast</b> , canola oil, salt. <b>Peri Peri Sauce</b> (sweet roasted peppers, canola oil, red wine vinegar, garlic, sea salt, paprika)							
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	<b>Cheese Ravioli</b> (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)** <b>served with marinara sauce (see marinara ingredients)</b>	X	X	X	X			

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Roast Turkey w/Gravy	<b>Raised without antibiotics Golden Legacy Roasted Turkey Breast</b> 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	<b>Antibiotic free-chicken thigh</b> <b>Sweet &amp; Sour Sauce</b> (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, 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	<b>Tortellini</b> (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) <b>**served with marinara sauce (see marinara ingredients)</b>	X	X	X	X			
Turkey Bolognese	<b>Antibiotic-Free Ground Turkey</b> , marinara sauce (see marinara ingredients), carrots							
Turkey Meatball Marinara	<b>Meatballs</b> (antibiotic-free ground turkey, wheat bread crumbs (bleached wheat flour, dextrose, yeast, salt), salt <b>**served with marinara sauce (see marinara ingredients)</b> <b>Served on a whole grain hamburger bun (see bread ingredients)</b>			X				
Turkey Meatloaf	<b>Antibiotic-Free Ground Turkey</b> , Mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), spinach, eggs, <b>whole wheat bread crumbs (see bread ingredients)</b> , 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	<b>Antibiotic-Free Ground Turkey</b> Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Turkey Sloppy Joe	<b>Antibiotic-Free Ground Turkey</b> <b>Sloppy Joe Sauce</b> (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) <b>Served on a whole grain hamburger bun (see bread ingredients)</b>							
Turkey Swiss Sandwich	<b>Raised without antibiotics turkey breast</b> (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 stearyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate))	X		X	X			

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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				
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

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			



Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Adobo Tofu</b>	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Adobo Sauce</b> ((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)) <b>Served with a flour tortilla (see bread ingredients)</b>	X						
<b>Apple Curry Tofu</b>	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Apple Curry Sauce</b> ((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			
<b>Asian BBQ Tofu</b>	<b>Tofu</b> (non-gmo soybeans, water, calcium sulfate) <b>Asian BBQ Sauce</b> ((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						
<b>Baked Ziti</b>	<b>Penne Pasta, Marinara Sauce, Baked Ziti Cheese Sauce</b> (Mozzarella cheese, ricotta cheese, half & half, parmesan cheese) *See Marinara Ingredients			X	X			
<b>BBQ Tofu</b>	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>BBQ Sauce</b> (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						
<b>Bean &amp; Cheese Tamale</b>	MASA: Cooked Stone Ground Corn, Shortening (Palm Oil, Soy Oil, Canola Oil and Topopherol (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate). FILLING: Refried Pinto Beans (Pinto Beans, Salt, Garlic Powder, Onion Powder) and Quesadilla Cheese (Cultured Pasteurized Milk, Salt, Enzymes).	X			X			
<b>Boca Nachos</b>	<b>Boca crumbles</b> (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) <b>Taco Seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) <b>Tortilla Chips</b> (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)) <b>Nacho Cheese</b> ((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			
<b>Boca Tacos</b>	<b>Boca crumbles</b> (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) <b>Taco seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) <b>Served on a flour tortilla (see bread ingredients)</b>	X		X				
<b>Buffalo Tofu Sandwich</b>	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Buffalo Sauce</b> ((unsalted butter, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder), raw garlic)) <b>Served on a whole grain hamburger bun (see bread ingredients)</b>	X			X			

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Burrito, Los Cabos	<b>Filling</b> (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) <b>Whole Wheat Flour Tortilla</b> (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			
Chipotle Lime Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Chipotle Lime Sauce</b> (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	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate); <b>Fajita Seasoning</b> - ground cumin, coriander, paprika, chili powder, garlic powder, black pepper, onion powder, sea salt, cinnamon							
French Toast	<b>Whole Grain Bread</b> (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) <b>Liquid Eggs</b> (whole eggs, citric acid, water), <b>whole milk, imitation vanilla extract, ground cinnamon, sea salt, white sugar</b>	X	X	X	X			
Hawaiian Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Hawaiian Glaze</b> (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	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate). <b>Kung Pao Sauce</b> - (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger	X						X
Lasagna, Mexican	<b>Whole Grain Tortilla</b> (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)) <b>Refried Beans</b> (cooked beans, water, salt, vegetable oil (cottonseed), garlic) <b>Shredded Mild Cheddar Cheese</b> (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) <b>Taco Seasoning</b> (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor) <b>Salsa</b> (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	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Lemon Sauce</b> (Onion, garlic, lemon juice, water, canola oil, corn starch, sea salt)	X						

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Mac 'n Cheese	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Cheese Sauce</b> ((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	Diced Toamtoes (Tomatoes, 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							
Mojo Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate), <b>mojo sauce</b> (orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano)	X						
Orange Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Orange Sauce</b> ((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	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Marinara **</b> (See marinara ingredients) <b>Served w/ Mozzarella Cheese</b> (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Pasta with Tomato Cream Sauce & Mozzarella Cheese	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Tomato Cream Sauce</b> ((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)) <b>Served w/ Mozzarella Cheese</b> (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Peri Peri Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Peri Peri Sauce</b> (sweet roasted peppers, canola oil, red wine vinegar, garlic, sea salt, paprika)	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	<b>Whole Grain Tortilla</b> (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)) <b>Mild Cheddar Cheese</b> (cultured pasteurized milk, salt, enzymes, annatto color)			X	X			
Ravioli (Cheese) Marinara	<b>Cheese Ravioli</b> (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			

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Sunbutter & Jelly Sandwich	<b>Sunbutter</b> (roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)) <b>Jelly</b> (organic concord grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid) <b>Served on whole grain bread (see bread ingredients)</b>			X				
Sweet & Sour Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Sweet &amp; Sour Sauce</b> (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt)	X						
Tandoori Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate). <b>Tandoori Sauce</b> - 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, 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	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Teriyaki Sauce</b> (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						
Tofurkey with Gravy	<b>Tofurkey</b> (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) <b>Gravy</b> (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	<b>Tortellini</b> (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) <b>Marinara Sauce ** (See marinara ingredients)</b>	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 <b>**pre-cooked in expeller pressed canola oil</b> <b>Served on a whole grain hamburger bun (see bread ingredients)</b>	X		X				
Veggie Bolognese Sauce	<b>Boca Crumbles</b> (Water, soy protein concentrate, wheat gluten, contains less than 2% malt extract, salt, wheat starch, yeast extract, sugar, natural flavor (non meat), dried onions, garlic powder, spices), marinara sauce (see marinara ingredients), carrots	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), methylcellulose, 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	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate), <b>Brown Rice, Peas &amp; Carrots, Sauce</b> (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil)	X						X

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Veggie Meatball Marinara	<b>Vegetarian Meatballs</b> (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) <b>Marinara ** (See marinara ingredients)</b>	X		X				
Veggie Meatballs	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 Meatloaf	Pinto beans (pinto beans, water, salt, calcium chloride & calcium disodium EDTA added for color retention), panko bread crumbs (Wheat flour, sugar, yeast, salt), shredded carrots, onion, liquid eggs (Whole eggs, citric acid, water), soy sauce (Water, soybeans, salt, sugar), garlic, black pepper	X	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 & Arifical Flavors, Methycellulose, 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	<b>Boca Crumbles</b> (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) <b>Sloppy Joe Sauce</b> (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) <b>Served on a whole grain hamburger bun (see bread ingredients)</b>	X		X				
Za'atar Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate); <b>Za'atar Spice</b> - ground sumac, ground cumin, thyme, sesame seeds, pepper, salt, dried marjoram; <b>Sumac Sauce</b> - 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	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Adobo sauce</b> ((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)) <b>Served with a corn tortilla (see bread ingredients)</b>							
Asian BBQ Chicken	<b>Antibiotic free-chicken thigh</b> , canola oil, salt <b>Asian BBQ sauce</b> ((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	<b>Asian Meatball</b> - (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	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>BBQ sauce</b> (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	<b>Ground beef</b> , salt <b>Served on a gluten-free hamburger bun (see bread ingredients)</b>							
GF/DF/EF Beef Kofta Bites	<b>GF/DF/EF Beef Kofta</b> - Ground beef, onion, garlic, salt, cilantro, mint, red chili pepper, cumin, black pepper.							
Beef Sloppy Joe	<b>Ground beef</b> <b>Sloppy joe sauce</b> ((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	<b>Ground beef</b> <b>Dry taco seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
Catfish	<b>Catfish</b> , salt, canola oil					X		
Chicken (not so) Fried Rice	<b>Antibiotic free-chicken thigh</b> , brown rice, peas & carrots <b>Sauce</b> (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil)	X						X
Chicken Teriyaki	<b>Antibiotic free-chicken thigh</b> , canola oil, salt <b>Teriyaki sauce</b> (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						
Chipotle Lime Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Chipotle lime sauce</b> (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	<b>Dairy-free mozzarella cheese</b> (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	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Sauce</b> (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	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Marinara</b> **See marinara ingredients <b>Dairy-free mozzarella cheese</b> (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	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Apple curry sauce</b> ((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	<b>Refried Beans</b> <b>Dairy-free cheese</b> (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	<b>Antibiotic free-chicken breast</b> , canola oil, sea salt <b>Buffalo sauce</b> (raw garlic, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder) <b>Served on a gluten-free hamburger bun (see bread ingredients)</b>							
GF/DF/EF Cheese Tamale	<b>Dairy-free cheese</b> (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	<b>Antibiotic-free ground turkey</b> , green onions, raw garlic, sea salt, raw mint, raw cilantro, ground cumin, red chili pepper, ground black pepper							
GF/DF/EF Pizza	<b>Pizza crust</b> (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) <b>Dairy-free cheddar</b> (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	<b>Meatballs</b> (antibiotic-free turkey, salt) <b>Marinara</b> **See marinara ingredients							
GF/DF/EF Turkey Meatloaf	<b>Antibiotic-free ground turkey</b> , 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	<b>Antibiotic-free chicken</b> , canola oil, salt, pepper							
Hawaiian Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, sea salt <b>Hawaiian glaze</b> (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	<b>Roasted turkey</b> (up to 15% of a flavoring solution of turkey broth, contains less than 2% of: salt, sugar, sodium, potassium phosphate) <b>Hawaiian glaze</b> (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	<b>Antibiotic-free Chicken Breast</b> , canola oil, salt. <b>Kung Pao Sauce</b> - (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger)	X						X
Lemon Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Lemon Sauce</b> (Onion, garlic, lemon juice, water, canola oil, corn starch, sea salt)							
Mojo Chicken Thigh	Antibiotic free chicken thigh, mojo sauce (orange juice, canola oil, cilantro, sea salt, mint, garlic, lime juice, cumin, oregano)							
Orange Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Orange sauce</b> ((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						
Peri Peri Chicken Breast	<b>Antibiotic free-chicken breast</b> , canola oil, salt. <b>Peri Peri Sauce</b> (sweet roasted peppers, canola oil, red wine vinegar, garlic, sea salt, paprika)							
Roasted Turkey With Gravy	<b>Raised without antibiotics Golden Legacy Roasted Turkey Breast</b> with up to 10% of natural flavoring solution of Water and Sea Salt. <b>Gravy</b> (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	<b>Antibiotic free-chicken thigh</b> , canola oil, sea salt <b>Sweet &amp; sour sauce</b> (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, 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	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Bolognese sauce</b> (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	<b>Antibiotic-free ground turkey</b> Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Turkey Sloppy Joe	<b>Antibiotic-free ground turkey</b> <b>Sloppy joe sauce</b> (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) <b>Served on a gluten free hamburger bun (see bread ingredients)</b>							
Turkey Tacos	<b>Antibiotic-free ground turkey</b> <b>Taco seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) <b>Served on a corn tortilla (see bread ingredients)</b>							





Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Broccoli	Broccoli							
Cauliflower	Cauliflower							
Coined Carrots	Carrots							
Collard Greens	Collard greens, red peppers, onions, canola oil, apple cider vinegar, vegetable base, dark brown sugar, cajun seasoning, garlic							
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							
Roasted Zucchini	Zucchini, olive oil, sea salt							
	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							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Mango	Mango							
Orange Slices	Oranges							
Pear Slices	Pears, calcium ascorbate							
Pearsauce	Pears, water, white sugar							
Pineapple	Pineapple							
Raisins	California sun dried raisins							
Watermelon	Watermelon							
	<b>Ingredients</b>							
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	<b>Sour cream</b> see sour cream bulk <b>Greek yogurt</b> (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							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
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<p><b>This information is subject to change at any time, or when Gourmet Gorilla develops new menu items or modifies existing recipes.</b></p>								

GF/DF Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Baby Carrots	Carrots							
Black Bean Dip	Black beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin							
Black Bean & Corn Salad	Black beans, corn, red bell peppers, onion, cilantro, lime juice, white wine vinegar, salt							
Black Bean Dip with Salsa	Black beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin, salsa (diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt)							
Broccoli	Broccoli							
Cauliflower	Cauliflower							
Celery	Celery							
Cherry Tomatoes	Cherry tomato							
Chickpeas (garbanzo beans)	Chickpeas (garbanzo beans)							
Cold Peas	Peas							
Corn	Corn							
Cucumber Salad	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
Cucumbers	Cucumbers							
Edamame	Edamame (shelled soybeans)	X						
Green Beans	Green beans							
Green Pepper Strips	Green pepper							
Pickles	Cucumbers, distilled vinegar, salt, calcium chloride, polysorbate 80, natural spice, turmeric oleoresin							
Snap Peas	Sugar snap peas							
GF/DF/EF Mashed Potatoes	Potatoes, organic soy milk, sea salt	X						
GF/DF/EF Mashed Sweet Potatoes	Sweet potatoes, soy milk, salt	X						
Peas	Peas							
Peas & Carrots	Peas & carrots							
Peppers & Onions	Green bell peppers, onions, red bell peppers, yellow peppers, taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
Pico de Gallo	Tomatoes, onion, jalapeno, lime juice, cilantro, salt							
Potato Fries	Potatoes, vegetable oil (soybean, canola, corn, cottonseed, and/or sunflower), contains 2% or less of: dextrose, disodium dihydrogen pyrophosphate (to maintain natural color)	X						
Roasted Carrots	Carrots, canola oil, salt, pepper							
Refried Beans	Cooked beans, water, less than 2% of canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor							
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 Root Vegetables	Red beets, golden beets, parsnips, canola oil, salt, pepper							

GF/DF Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Roasted Sweet Potatoes	Sweet potato, canola oil, sea salt, black pepper							
Steamed Carrots	Carrots, sea salt							
Squash Medley	Yellow squash, zucchini squash, canola oil, salt							
Sweet Potato Fries	Sweet potatoes, vegetable oil (soybean, canola, cottonseed, sunflower), food starch modified, rice flour, dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, xanthan gum, corn syrup solids, color (annatto powder, oleoresin paprika), disodium dihydrogen pyrophosphate	X						
Three Bean Salad	Garbanzo beans, kidney beans, great northern beans, apple cider vinegar, canola oil, sugar, black pepper, parsley flakes, dried rosemary, onion							
	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
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)							
Banana	Banana							
Cantaloupe	Cantaloupe							
Fruit Salad	2 or more: watermelon, cantaloupe, honeydew, pineapple, strawberries, blueberries							
Honeydew	Honeydew melon							
Orange Slices	Oranges							
Pear Slices	Pears, calcium ascorbate							
Pearsauce	Raw pears, water, sugar							
Pineapple	Pineapple							
Watermelon	Watermelon							
	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Brown Rice	Whole grain parboiled brown rice							
Quinoa	Quinoa, canola oil							
Hummus	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea 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							
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							
Mayonnaise	Water, soybean oil, corn syrup, modified food starch, distilled vinegar, egg white, sugar, salt, contains less than 1% of xanthan gum, lemon juice concentrate, cellulose gel and cellulose gum, spice mustard seed, phosphoric acid, sorbic acid and calcium disodium, EDTA (preservative), polysorbate 60, beta-Apo-8-carotenal and extractives of tumeric (color)	X	X					
Mustard	Distilled white vinegar, water, mustard seed, water, salt, tumeric, natural flavor & spices							

GF/DF Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt							
Sunbutter	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							

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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	WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), SOYBEAN OIL, YEAST, SALT, VITAL WHEAT GLUTEN, DOUGH CONDITIONER (MONO-DIGLYCERIDES, CALCIUM SULFATE, GUAR GUM, WHEAT STARCH, SODIUM METABISULFITE AND ASCORBIC ACID), SUGAR, PRESERVATIVES (CALCIUM PROPIONATE, FUMARIC ACID)	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	Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid, Xanthan gum, Mono- and diglycerides, Sodium metabisulphite).			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			

