

*Sides may change based on freshness and availability

spring lunch menu } march 2018 april 2018 may 2018

| monday | tuesday | wednesday | thursday | friday |
|--|---|--|--|--|
| | May 1, 2018 Ravioli Marinara Cucumber Cantaloupe | May 2, 2018 Asian BBQ Chicken <i>Asian BBQ Tofu</i> Green Beans Honeydew Quinoa | May 3, 2018 Three Bean Chili Broccoli Fruit Salad Macaroni Pasta | May 4, 2018 Chicken Nuggets <i>Veggie Nuggets</i> Peas Orange Slices Whole Grain Bread |
| May 7, 2018 Turkey Meatball Marinara <i>Veggie Meatball Marinara</i> Roasted Potatoes Honeydew Whole Grain Bun | May 8, 2018 Chipotle Lime Chicken <i>Chipotle Lime Tofu</i> Cucumbers Pineapple Brown Rice | May 9, 2018 Creamy Mac n Cheese Broccoli Apple Slices | May 10, 2018 Pizza Muffins w/ Marinara Glazed Carrots Fruit Salad | May 11, 2018 Fish Tenders <i>Veggie Nuggets</i> Green Beans Orange Slices Whole Grain Bread |
| May 14, 2018 Adobo Chicken <i>Adobo Tofu</i> Peas Apple Slices Flour Tortilla | May 15, 2018 Turkey Sausage Patties <i>Veggie "Sausage" Patties</i> Roasted Potatoes Pineapple French Toast | May 16, 2018 Pasta w/ Tomato Cream & Mozzarella Broccoli Honeydew | May 17, 2018 Deconstructed Burrito Salsa Pear Slices | May 18, 2018 Orange Chicken <i>Orange Tofu</i> Green Beans Orange Slices Brown Rice |
| May 21, 2018 Tortellini Marinara Peas Apple Slices | May 22, 2018 Apple Chicken Curry <i>Apple Curry Tofu</i> Glazed Carrots Pineapple Pita | May 23, 2018 Turkey Sloppy Joes <i>Boca Sloppy Joes</i> Cucumbers Cantaloupe Whole Grain Bun | May 24, 2018 Baked Ziti Broccoli Fruit Salad | May 25, 2018 Beef Burgers <i>Veggie Burgers</i> Roasted Sweet Potatoes Orange Slices Whole Grain Bun |
| May 28, 2018 Turkey Tacos <i>Boca Tacos</i> Butternut Squash Pineapple Flour Tortilla | May 29, 2018 Ravioli Marinara Cucumber Cantaloupe | May 30, 2018 Asian BBQ Chicken <i>Asian BBQ Tofu</i> Green Beans Honeydew Quinoa | May 31, 2018 Three Bean Chili Broccoli Fruit Salad Macaroni Pasta | |



nut free kitchen!
scratch cooking

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spring lunch menu } march 2018 april 2018 may 2018

| monday | tuesday | wednesday | thursday | friday |
|--|---|--|---|--|
| | May 1, 2018 Turkey Bolognese Cucumber Cantaloupe GF Pasta | May 2, 2018 Asian BBQ Chicken Green Beans Honeydew Quinoa | May 3, 2018 Three Bean Chili Broccoli Fruit Salad GF Pasta | May 4, 2018 Grilled Chicken Peas Orange Slices GF Bread |
| May 7, 2018 GF/DF/EF Turkey Meatball Marinara Roasted Potatoes Honeydew GF Bun | May 8, 2018 Chipotle Lime Chicken Cucumbers Pineapple Brown Rice | May 9, 2018 GF/DF/EF Mac n Cheese Broccoli Apple Slices | May 10, 2018 GF/DF/EF Pasta Marinara Glazed Carrots Fruit Salad | May 11, 2018 Grilled Catfish Green Beans Orange Slices GF Bread |
| May 14, 2018 Adobo Chicken Peas Apple Slices Corn Tortilla | May 15, 2018 Turkey Sausage Patties Roasted Potatoes Pineapple GF/DF/EF Waffle | May 16, 2018 GF/DF/EF Pasta Marinara Broccoli Honeydew | May 17, 2018 GFDF Tamale Salsa Pear Slices | May 18, 2018 Orange Chicken Green Beans Orange Slices Brown Rice |
| May 21, 2018 GF/DF/EF Pasta Marinara Peas Apple Slices | May 22, 2018 GF/DF/EF Apple Chicken Curry Glazed Carrots Pinapple GF Bread | May 23, 2018 Turkey Sloppy Joes Cucumbers Cantaloupe GF Bun | May 24, 2018 Turkey Bolognese Broccoli Fruit Salad GF Pasta | May 25, 2018 Beef Burgers Roasted Sweet Potatoes Orange Slices GF Bun |
| May 28, 2018 Turkey Tacos Butternut Squash Pineapple Corn Tortilla | May 29, 2018 Turkey Bolognese Cucumber Cantaloupe GF Pasta | May 30, 2018 Asian BBQ Chicken Green Beans Honeydew Quinoa | May 31, 2018 Three Bean Chili Broccoli Fruit Salad GF Pasta | |



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| Lunch Ingredient List | | Allergens | | | | | | |
|-----------------------------------|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Adobo Chicken | Antibiotic-free chicken breast, Adobo Sauce (Organic Tomato Sauce (Tomato Puree, Tomato Juice, Sea Salt, Onion Powder, Naturally Derived Citric Acid, Garlic Powder), Apple Cider Vinegar, White Sugar, 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, Apple Curry Sauce (Canola Oil, Raw Onion, Raw Garlic, Sea Salt, Curry Powder (spices, turmeric, and celery), Dark Brown Sugar, Unsweetened Applesauce (apples, water, ascorbic acid added to maintain color), Water, Rice Flour, Unsalted Butter (cream, natural flavorings), Raw Celery, Ground Cinnamon, Ground Cumin, Vegetable Base (Sautéed 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)) | | | | X | | | |
| Asian BBQ Chicken | Antibiotic-free chicken breast, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion) | X | | | | | | |
| Baked Ziti | Ziti Noodles (Semolina (Wheat), Durum, Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid), Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Heavy Whipping Cream (Cream & Carageenan), Fat Free Cottage Cheese (Skim milk, milk, nonfat dry milk, lactose, salt, stabilizer (maltodextrin, guar gum, mono and diglycerides, xanthan gum, carrageenan, carob bean gum, artificial color), citric acid, carbon dioxide and potassium sorbate (maintain freshness), cheese cultures, vitamin A palmitate, Grated Parmesan Cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), Marinara Sauce (Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) | | | X | X | | | |
| BBQ Chicken | Antibiotic-free chicken breast, 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 Burrito | Tortilla (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 phosphite potassium sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate (a preservative), refried beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic), shredded chihuahua cheese (pasteurized grade a whole cows milk, salt enzymes, culture, potato starch & powdered cellulose added to prevent caking), salsa (diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion, raw cilantro, lime juice, sea salt) | | | X | X | | | |
| Beef Burger | Grass-fed beef, salt, pepper. Served on whole wheat hamburger bun (See Bread Ingredients). | | | | | | | |
| 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: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers. 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) | | | | | | | |
| Cajun Red Beans & Rice | Red Kidney Beans, Raw Onion, Raw Garlic, Raw Red Peppers, Raw Celery, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder), Canola Oil, Cajun Seasoning (Spices, Herbs, Salt, Paprika, Onion, Garlic, Less than 2% Silicon Dioxide Added to Prevent Caking), Sea Salt, Vegetable Base (Sautéed 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), Sea Salt. Served with Brown Rice | | | | | | | |
| Cheesy Pizza Muffin | All Purpose Enriched Flour, Baking Powder, Whole Milk, Liquid Eggs, Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Cheddar Cheese (Pasteurized milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Potato Starch, Corn Starch, Cellulose (anti-caking agents), Basil, Garlic Powder, Oregano. Served with Marinara Sauce (See marinara ingredients) | | X | X | X | | | |

| Lunch Ingredient List | | Allergens | | | | | | |
|------------------------------|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Cheesy Polenta | Cornmeal, Water, Grated Parmesan Cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), Sea Salt, Whole Milk, Mild Shredded Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, cellulose (anti-caking agents), Canola Oil | | | | X | | | |
| Chicken Alfredo | Antibiotic Free Chicken Breast, Canola Oil, Salt, Alfredo Sauce (whole milk, grated parmesan cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), part skim mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), garlic powder, sea salt, unsalted butter (cream, natural flavorings), raw onion) | | | | 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 | | | | |
| Chicken Stir Fry | Antibiotic Free Chicken Thigh, Peas & Carrots, Stir Fry Sauce (Vegetable Base, Water, White Wine Vinegar, Aminos Soy Sauce, Dry Garlic Powder, Dry Ginger Powder, Dark Brown Sugar, Dry Corn Starch, Water) | X | | | | | | |
| Chicken Teriyaki | Antibiotic-free chicken thigh, Teriyaki Sauce (Raw Garlic, Raw Ginger, Aminos Soy Sauce (Non-GMO soybeans and purified water), Canola Oil, Pure Honey, Dark Brown Sugar, Green Onions, Water, Cornstarch) | X | | | | | | |
| Chili Mac | Chili (Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon). Elbow Noodles: Durum Wheat Semolina, Durum Wheat Flour, [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)] | | | X | | | | |
| Chipotle Lime Chicken | Antibiotic Free Chicken Breast, Canola oil, Lime Juice, Soy Sauce, Ground Red Chili Powder, Garlic, Honey, Chipotle Salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic) | X | | | | | | |
| Deconstructed Burrito | Flour Tortilla (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 (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative)), Refried Beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), Shredded Mozzarella Cheese (Pasteurized milk, cheese culture, salt, rennet) | | | X | X | | | |
| Fiesta Burrito | Refried Beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic, Chihuahua Cheese (Pasteurized grade a whole cows milk, salt, enzymes, culture, potato starch, and powdered cellulose added to prevent caking), Salsa (Diced Tomatoes, Raw Onion, Raw Cilantro, Lime Juice, Sea Salt), Flour Tortilla (Unbleached Enriched Flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative) | | | X | X | | | |
| Fish Tenders | 64.2% fish (Alaska Pollock), 35.8% batter & breading (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), Liquid Eggs (Whole eggs, citric acid, water), Whole Milk, Imitation Vanilla Extract, Ground Cinnamon, Sea Salt, White Sugar | X | X | X | X | | | |
| Hawaiian Turkey | Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate.) Hawaiian Glaze: White Sugar, Canola Oil, 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), Dry Ginger, Cornstarch, Pineapple | X | | | | | | |

| Lunch Ingredient List | | Allergens | | | | | | |
|---|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Lemon Chicken | Antibiotic free chicken breast, canola oil, salt. Lemon sauce (pure honey, raw onion, raw garlic, 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), dried thyme, lemon juice, mustard powder, parsley flakes, apple juice (apple juice concentrate, ascorbic acid (vitamin c), apple cider vinegar, canola oil, corn starch, salt, sugar) | | | | | | | |
| Mac 'n Cheese | Pasta: Durum Wheat Semolina, Durum Wheat Flour, [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)]. Cheese Sauce: cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), american cheese** (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), rice flour, whole milk, butter, salt. | | | X | X | | | |
| Marinara Sauce | Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion | | | | | | | |
| Mediterranean Meatballs | Ground Turkey, Liquid Eggs, Raw Mint, Raw Cilantro, Raw Garlic, Ground Cumin, Sea Salt, Ground Black Pepper, Green Onions, Panko Bread Crumbs (bleached wheat flour, dextrose, yeast, salt) | | X | X | | | | |
| Orange Chicken | Antibiotic Free Chicken Breast, Canola Oil, Salt, Orange Sauce (Water, Orange Juice, Lemon Juice, Apple Cider Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Orange Marmalade, Dry Ground Ginger, Raw Garlic, Xanthan Gum, Sea Salt) | X | | | | | | |
| Penne Pasta Marinara w/ Mozzarella | Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Marinara: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet). | | | X | X | | | |
| Pasta (Farfalle) with Tomato Cream Sauce | Farfalle Pasta (Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid. Tomato cream sauce (grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate), Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet). | | | X | X | | | |
| Pasta (Penne) with Tomato Cream Sauce | Penne Pasta (Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Tomato Cream Sauce (grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate), Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet). | | | 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. Marinara Sauce: Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) | X | X | X | X | | | |

| Lunch Ingredient List | | Allergens | | | | | | |
|--|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Roast Turkey w/Gravy | Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate.) Gravy (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), Water, Rice Flour, Canola Oil, Dried Thyme, Raw Onion, Raw Carrots, Raw Celery, Xanthan Gum) | | | | | | | |
| Sweet & Sour Chicken | Antibiotic free chicken thigh, Sweet & Sour Sauce (Raw Garlic, Canola Oil, White Sugar, Apple Cider Vinegar, Water, Cornstarch, Sea Salt, Red Peppers, Raw Onion, Pineapple) | | | | | | | |
| Three Bean Chili | Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon | | | | | | | |
| 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. Marinara Sauce: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) | X | X | X | X | | | |
| Turkey Meatball Marinara | Meatballs: Antibiotic-free ground turkey, wheat bread crumbs (bleached wheat flour, dextrose, yeast, salt), salt. Marinara: 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, salt, sugar, oregano, basil, water. 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, Turmeric, Paprika), Pure Honey, Spinach, 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 Garlic Powder, Dry Onion Powder, Panko Bread Crumbs (Bleached Wheat Flour, Dextrose, Yeast, Salt) | | | X | | | | |
| Turkey Pot Pie | Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate), Peas & Carrots, Raw Celery, Sea Salt, Russet Potatoes, 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), Water, Whole Milk, Rice Flour, Unsalted Butter (cream, natural flavorings), Onions | | | | X | | | |
| Turkey Sausage Patties | Turkey Sausage: Ground Turkey (Dry Poultry Seasoning (Sage, Salt, Thyme, Coriander, Marjoram Leaf, Red Pepper, Tricalcium Phosphate), Sea Salt, Canola Oil. | | | | | | | |
| Turkey Sloppy Joe | Antibiotic Free Groud Turkey, 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: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers. Served on a Whole Grain 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 Flour Tortilla (See Bread Ingredients) | | | | | | | |
| 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 above is intended as a helpful resource only. This information is subject to change at anytime, 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), Apple Cider Vinegar, White Sugar, 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 (Canola Oil, Raw Onion, Raw Garlic, Sea Salt, Curry Powder (spices, turmeric, and celery), Dark Brown Sugar, Unsweetened Applesauce (apples, water, ascorbic acid added to maintain color), Water, Rice Flour, Unsalted Butter (cream, natural flavorings), Raw Celery, Ground Cinnamon, Ground Cumin, Vegetable Base (Sautéed 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)) | X | | | X | | | |
| Asian BBQ Tofu | Tofu (Non-gmo soybeans, water, calcium sulfate), Asian BBQ Sauce: (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion) | X | | | | | | |
| Baked Ziti | Ziti Noodles (Semolina (Wheat), Durum, Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid), Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Heavy Whipping Cream (Cream & Carageenan), Fat Free Cottage Cheese (Skim milk, milk, nonfat dry milk, lactose, salt, stabilizer (maltodextrin, guar gum, mono and diglycerides, xanthan gum, carrageenan, carob bean gum, artificial color), citric acid, carbon dioxide and potassium sorbate (maintain freshness), cheese cultures, vitamin A palmitate, Grated Parmesan Cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), Marinara Sauce (Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) | | | 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 | | | | | | |
| Bean & Cheese Burrito | Ingredients: 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 | | | |
| 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 tortilla (See Bread Ingredients) | X | | 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: Unsalted Butter (cream, natural flavoring), Rice Flour, Sea Salt, Whole Milk, 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), Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) | X | | X | X | | | |
| Buffalo Tofu Sandwich | Tofu (Non-gmo soybeans, water, calcium sulfate), Buffalo Sauce (Unsalted Butter (Cream, Natural Flavorings), Raw Garlic, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder)). Served on a Whole Grain Hamburger Bun (See Bread Ingredients) | X | | | X | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|-----------------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Cajun Red Beans & Rice | Red Kidney Beans, Raw Onion, Raw Garlic, Raw Red Peppers, Raw Celery, Hot Sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder), Canola Oil, Cajun Seasoning (Spices, Herbs, Salt, Paprika, Onion, Garlic, Less than 2% Silicon Dioxide Added to Prevent Caking), Sea 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), Sea Salt. Served with Brown Rice | | | | | | | |
| Cheesy Pizza | Dough: Whole wheat flour, yeast, water, salt. 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, salt, sugar, oregano, basil, water. Topping: Part Skim Mozzarella Cheese (Pasteurized milk, cheese culture, salt, rennet), Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)). | | | X | X | | | |
| Cheesy Pizza Muffins | All Purpose Enriched Flour, Baking Powder, Whole Milk, Liquid Eggs, Part Skim mozzarella cheese (Pasteurized milk, Cheese Culture, Salt, Rennet), Cheddar Cheese (Pasteurized milk, Cheese Cultures, Salt, Enzymes, Annatto Vegetable Color, Potato Starch, Corn Starch, Cellulose (anti-caking agents)), Basil, Garlic Powder, Oregano. Served with Marinara Sauce (See marinara ingredients) | | X | X | X | | | |
| Cheesy Polenta | Cornmeal, Water, Grated Parmesan Cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), Sea Salt, Whole Milk, Mild Shredded Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, cellulose (anti-caking agents)), Canola Oil | | | | X | | | |
| Cheese Melt | 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), White American Cheese (Cultured Pasteurized Milk and Skim Milk, Cream, Milkfat, Salt, Sodium Citrate, Contains Less Than 2% of Sorbic Acid (preservative), Lactic Acid, Enzymes, SoyLecithin and Soybean Oil Blend) | X | | X | X | | | |
| Chili Mac | Chili (Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon), Elbow Noodles Durum Wheat Semolina, Durum Wheat Flour, [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)] | | | X | | | | |
| Chipotle Lime Tofu | Tofu (Non-gmo soybeans, water, calcium sulfate), Canola oil, Lime Juice, Soy Sauce, Ground Red Chili Powder, Garlic, Honey, Chipotle Salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic) | X | | | | | | |
| Deconstructed Burrito | Flour Tortilla (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 (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative)), Refried Beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), Shredded Mozzarella Cheese (Pasteurized milk, cheese culture, salt, rennet) | | | X | X | | | |
| Fiesta Burrito | Refried Beans (Cooked Beans, Water, Salt, Vegetable Oil (Cottonseed), Garlic, Part Skim Mozzarella Cheese (pasteurized milk, cheese culture, salt, rennet), Salsa (Diced Tomatoes, Raw Onion, Raw Cilantro, Lime Juice, Sea Salt), Flour Tortilla (Unbleached Enriched Flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative) | | | 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), Liquid Eggs (Whole eggs, citric acid, water), Whole Milk, Imitation Vanilla Extract, Ground Cinnamon, Sea Salt, White Sugar | X | X | X | X | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|--|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Grilled Cheese | Whole Grain Bread (Whole wheat flour, water, 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, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), White American Cheese (Cultured Pasteurized Milk and Skim Milk, Cream, Milkfat, Salt, Sodium Citrate, Contains Less Than 2% of Sorbic Acid (preservative), Lactic Acid, Enzymes, SoyLecithin and Soybean Oil Blend) | X | | X | X | | | |
| Hawaiian Tofurkey | 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. Hawaiian Glaze: White Sugar, Canola Oil, 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), Dry Ginger, Cornstarch, Pineapple | X | X | | X | | | |
| Jerk Tofu | Tofu (Non-gmo soybeans, water, calcium sulfate), Jerk Seasoning (ground allspice, ground cumin, dry onion powder, dry garlic powder, ground nutmeg, red pepper, black pepper, sea salt, dry paprika, ground cinnamon, dried thyme, white sugar, cajun seasonin) | X | | | | | | |
| Lemon Tofu | Tofu (Non-gmo soybeans, water, calcium sulfate); Lemon sauce (pure honey, raw onion, raw garlic, 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), dried thyme, lemon juice, mustard powder, parsley flakes, apple juice (apple juice concentrate, ascorbic acid (vitamin c), apple cider vinegar, canola oil, corn starch, salt, sugar) | X | | | | | | |
| Mac 'n Cheese | Pasta: Durum Wheat Semolina, Durum Wheat Flour, [Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid)]. Cheese Sauce: cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), american cheese**(milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), rice flour, whole milk, butter, salt. | | | X | X | | | |
| Marinara Sauce | Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion | | | | | | | |
| Orange Tofu | Tofu (Non-gmo soybeans, water, calcium sulfate); Orange Sauce (Water, Orange Juice, Lemon Juice, Apple Cider Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Orange Marmalade, Dry Ground Ginger, Raw Garlic, Xanthan Gum, Sea Salt) | X | | | | | | |
| Pasta Marinara with Mozzarella Cheese | Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Marinara: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion. Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet). | | | X | X | | | |
| Pasta (Penne) with Tomato Cream Sauce | Pasta: Semolina (wheat, durum wheat flour, niacin, iron (Ferrous Sulfate), thiamine mononitrate, riboflavin, folic acid) filtered water, salt, canola oil. Tomato cream sauce (grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate), Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) Served w/ mozzarella cheese (pasteurized milk, cheese culture, salt, rennet). | | | 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. Marinara Sauce: Marinara sauce (canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) | X | X | X | X | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|-----------------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Sweet Pea Pesto Tofu | Tofu (Non-gmo soybeans, water, calcium sulfate), Organic Green Peas, Canola Oil, Water, Raw Garlic, Parmesan Cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), Lemon Juice, Salt, Pepper, | X | | | X | | | |
| Sweet & Sour Tofu | Tofu (Non-gmo soybeans, water, calcium sulfate), Sweet & Sour Sauce (Raw Garlic, Canola Oil, White Sugar, Apple Cider Vinegar, Water, Cornstarch, Sea Salt, Red Peppers, Raw Onion, Pineapple) | X | | | | | | |
| Three Bean Chili | Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon | | | | | | | |
| Tofu Alfredo | Tofu (Non-gmo soybeans, water, calcium sulfate), Alfredo Sauce (whole milk, grated parmesan cheese (imported parmesan cheese (pasteurized) part-skim milk, cheese cultures, salt, enzymes), part skim mozzarella cheese (pasteurized milk, cheese culture, salt, rennet), garlic powder, sea salt, unsalted butter (cream, natural flavorings), raw onion) | X | | | X | | | |
| Tofu Pup | Water, soy protein isolate, soybean oil, organic dried tofu (organic soybeans, calcium sulfate), salt, yeast extract, beet powder (color), tomato pulp, natural smoke flavorings, xantahn gum, oleoresin paprika (color), guar gum, natural flavor. Served on hot dog bun (See Ingredients List) | X | | X | | | | |
| Tofu Stir Fry | Tofu (Non-gmo soybeans, water, calcium sulfate), Peas & Carrots, Stir Fry Sauce (Vegetable Base, Water, White Wine Vinegar, Aminos Soy Sauce, Dry Garlic Powder, Dry Ginger Powder, Dark Brown Sugar, Dry Corn Starch, Water) | X | | | | | | |
| Tofu Teriyaki | Tofu (Non-gmo soybeans, water, calcium sulfate), Teriyaki Sauce: (Raw Garlic, Raw Ginger, Aminos Soy Sauce (Non-GMO soybeans and purified water), Canola Oil, Pure Honey, Dark Brown Sugar, Green Onions, Water, 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 (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), Water, Rice Flour, Canola Oil, Dried Thyme, Raw Onion, Raw Carrots, Raw Celery, Xanthan Gum) | | 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: Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion) | X | X | X | X | | | |
| Veggie Burgers | Refried beans (cooked beans, water, canola oil, salt, garlic powder), rice, breadcrumbs (bleached wheat flour, dextrose, yeast, salt), salsa (diced tomatoes, cilantro, salt, lime, onion), egg, onion, black pepper, garlic powder, cumin. Served on a Whole Grain Hamburger Bun (See Bread Ingredients) | | 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: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion power, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. | X | | X | | | | |
| Veggie Meatloaf | Pinto Beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride & Calcium Disodium EDTA added for color retention), Liquid Eggs, Ground Cumin, Garlic Powder, Dry Garlic Powder, Ground Black Pepper, Raw Onion, Panko Bread Crumbs (Bleached wheat flour, dextrose, yeast, salt), Salsa (Diced tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), raw onion, raw cilantro, lime juice, sea salt) | | X | X | | | | |

| Vegetarian Lunch Ingredients List | | Allergens | | | | | | |
|--|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Vegetarian Nachos | Black Beans, Nacho Cheese: Unsalted Butter (cream, natural flavoring), Rice Flour, Sea Salt, Whole Milk, 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), Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor), Whole Grain 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). Served with peppers & onions (See sides ingredient list) | 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 | X | | | |
| Veggie Pot Pie | Tofu (Non-gmo soybeans, water, calcium sulfate), Peas & Carrots, Raw Celery, Sea Salt, Russet Potatoes, 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), Water, Whole Milk, Rice Flour, Unsalted Butter (cream, natural flavorings), Onions | 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). Sauce: red peppers, onion, garlic, vegetable oil, salt, 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). Served on whole wheat hamburger bun (see bread ingredients). | 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 above is intended as a helpful resource only. This information is subject to change at anytime, 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 | | | |

| GDFEF Lunch Ingredients List | | Allergens | | | | | | |
|--|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Adobo Chicken | Antibiotic-free chicken breast, Adobo Sauce (Organic Tomato Sauce (Tomato Puree, Tomato Juice, Sea Salt, Onion Powder, Naturally Derived Citric Acid, Garlic Powder), Apple Cider Vinegar, White Sugar, 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, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion) | X | | | | | | |
| Asian BBQ Drumsticks | Antibiotic-free Chicken Drumstick, Asian BBQ Sauce (raw garlic, raw ginger, canola oil, rice vinegar, dark brown sugar, xanthan gum, aminos soy sauce (non-GMO soybeans & purified water), raw onion) | X | | | | | | |
| BBQ Chicken | Antibiotic-free chicken breast, 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)) | | | | | | | |
| BBQ Chicken Drumsticks | Antibiotic-free Chicken Drumstick, 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 Nachos | Beef Taco Meat (Beef Taco Meat: Ground Beef, Dry 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) | 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: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers | | | | | | | |
| Beef Taco | Ground Beef, Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) | | | | | | | |
| Cajun Catfish | Catfish, canola oil, garlic powder, dried thyme, paprika, ground chili pepper, ground black pepper, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, and garlic) | | | | | X | | |
| Catfish | Catfish, salt, canola oil. | | | | | X | | |
| Chicken Stir Fry | Antibiotic Free Chicken Thigh, Peas & Carrots, Stir Fry Sauce (Vegetable Base, Water, White Wine Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Dry Garlic Powder, Dry Ginger Powder, Dark Brown Sugar, Dry Corn Starch, Water) | X | | | | | | |
| Chicken Teriyaki | Antibiotic-free chicken thigh, Teriyaki Sauce (Raw Garlic, Raw Ginger, Aminos Soy Sauce (Non-GMO soybeans and purified water), Canola Oil, Pure Honey, Dark Brown Sugar, Green Onions, Water, Cornstarch) | X | | | | | | |
| Chili Mac | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour), Chili (Raw Green Peppers, Black Beans, Kidney Beans, Great Northern Beans, Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Garlic Powder, Ground Red Chili Pepper, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor)), Dark Brown Sugar, Cinnamon). | X | | | | | | |
| Chipotle Lime Chicken | Antibiotic Free Chicken Breast, Canola oil, Lime Juice, Soy Sauce, Ground Red Chili Powder, Garlic, Honey, Chipotle Salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic) | X | | | | | | |
| Chipotle Lime Chicken Drumstick | Antibiotic Free Chicken Drumsticks, Canola oil, Lime Juice, Soy Sauce, Ground Red Chili Powder, Garlic, Honey, Chipotle Salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic) | X | | | | | | |
| Deconstructed Burrito | Refried Beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), Vegan Mozzarella Cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, carrageenan, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate), Corn Tortilla (Corn, water and lime (calcium hydroxide)) | | | | | | | |

| GDFEF Lunch Ingredients List | | Allergens | | | | | | |
|---|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| GF/DF/EF Mac n Cheese | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Sauce: Vegan Mozzarella Cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, carrageenan, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate) Soy Milk (organic soymilk (filtered water, whole organic soybeans, organic cane sugar, tricalcium phosphate, sea salt, carrageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, roboflavin (B2), Vitamin B12), Rice Flour, Canola Oil | X | | | | | | |
| GF/DF/EF Pasta Marinara | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Marinara: 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, salt, sugar, oregano, basil, water. Dairy free mozzarella cheese (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate) | X | | | | | | |
| GF/DF/EF Apple Chicken Curry | Antibiotic Free Chicken Breast, Apply Curry Sauce (Canola Oil, Raw Onion, Raw Garlic, Sea Salt, Curry Powder (Spices, Turmeric, & Celery), Dark Brown Sugar, Water, Rice Flour, Raw Celery, Ground Cinnamon, Ground Cumin, 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), Unsweetened Applesauce (Apples, Water, Ascorbic Acid to maintain color) | | | | | | | |
| GF/DF/EF Bean & Cheese Tamale | Black Beans, Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum) canola oil, dry corn masa, sea salt, baking powder, water | | | | | | | |
| GF/DF/EF Buffalo Chicken Sandwich | Antibiotic Free Chicken Breast, 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, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum) canola oil, dry corn masa, sea salt, baking powder, water | | | | | | | |
| GF/DF/EF Grilled Cheese | GF Bread (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) & Dairy Free Cheddar Cheese (rice base(filtered water, rice flour), maltodextrin, rice bran oil, pea protein, tricalcium phosphate, contains 2% or less of salt, mono & diglycerides, sodium polyphosphate, natural flavor, jalapeno peppers, lactic acid, sodium phosphate, food color (carotenal) and calcium chloride) | | | | | | | |
| GF/DF/EF Mediterranean Meatballs | Antibiotic Free Ground Turkey, Raw Mint, Raw Cilantro, Raw Garlic, Ground Cumin, Red Chili Pepper, Sea Salt, Ground Black Pepper, Green Onions | | | | | | | |
| 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 mozzarella (filtered water, organic palm fruit oil, modified food starch, natural flavors, less than 2% of pea fiber, pea starch, bamboo fiber, calcium phosphate, rice flour, vegetable glycerin, sunflower lecithin, sea salt, sunflower oil, calcium sulfate, citric acid, microbial enzymes, xanthan gum, disodium phosphate, sodium citrate) | X | | | | | | |
| GF/DF/EF Turkey Meatballs Marinara | Meatballs: Antibiotic-free turkey, salt. Marinara: 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, salt, sugar, oregano, basil, water. | | | | | | | |

| GDFEF Lunch Ingredients List | | Allergens | | | | | | |
|---|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| GF/DF/EF Turkey Meatloaf | Antibiotic Free Ground Turkey, Mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Turmeric, Paprika), Pure Honey, 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), Sea Salt, Garlic Powder, Onion Powder | | | | | | | |
| GF/DF/EF Turkey Nachos | Turkey Taco Meat: Antibiotic Free Ground Turkey, Dry 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) | X | | | | | | |
| GF/DF/EF Turkey Pot Pie | Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate), Peas & Carrots, Raw Celery, Sea Salt, Russet Potatoes, Vegetable Base (Sauteed Vegetable Puree Mix (Carrots, Onions, Celery), Water, Soy Milk (organic soymilk (filtered water, whole organic soybeans, organic cane sugar, tricalcium phosphate, sea salt, carrageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, riboflavin (B2), Vitamin B12), Rice Flour, Canola Oil | X | | | | | | |
| GF/DF/EF Vegetarian Nachos | Black Beans, Whole Grain 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). Served with peppers & onions (See sides ingredient list) | X | | | | | | |
| 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 Turkey | Roasted Turkey (up to 15% of a flavoring solution of Turkey Broth. Contains less than 2% salt, sugar, sodium, & potassium phosphate.) Hawaiian Glaze: White Sugar, Canola Oil, 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), Dry Ginger, Cornstarch, Pineapple | X | | | | | | |
| Hot Dog | Hot Dog: beef, water, contains 2% or less of allspice, celery juice powder, evaporated cane syrup, garlic powder, ginger, honey, lactic acid started culture, mustard, nutmeg, vinegar, onion powder, paprika, pepper, sea salt. Served on a Gluten Free Hotdog Bun (see bread ingredients). | | | | | | | |
| Hot Turkey Sandwich | Sliced turkey (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) on a gluten free bun (see bread ingredients) | | | | | | | |
| Jerk Chicken Drumsticks | Antibiotic Free Chicken Drumstick, Jerk Seasoning (ground allspice, ground cumin, dry onion powder, dry garlic powder, ground nutmeg, red pepper, black pepper, sea salt, dry paprika, ground cinnamon, dried thyme, white sugar, cajun seasonin) | | | | | | | |
| Juicy Beef Burgers | Grass-fed beef, salt, pepper. Served on a gluten free hamburger bun (See Bread Ingredients). | | | | | | | |
| Lemon Chicken | Antibiotic free chicken breast, canola oil, salt. Lemon sauce (pure honey, raw onion, raw garlic, 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), dried thyme, lemon juice, mustard powder, parsley flakes, apple juice (apple juice concentrate, ascorbic acid (vitamin c), apple cider vinegar, canola oil, corn starch, salt, sugar) | | | | | | | |
| Orange Chicken | Antibiotic Free Chicken Breast, Canola Oil, Salt, Orange Sauce (Water, Orange Juice, Lemon Juice, Apple Cider Vinegar, Aminos Soy Sauce (non-GMO soybeans & purified water), Orange Marmalade, Dry Ground Ginger, Raw Garlic, Xanthan Gum, Sea Salt) | X | | | | | | |
| Sweet Pea Pesto Chicken | Antibiotic Free Chicken Breast, Organic Green Peas, Canola Oil, Water, Raw Garlic, Lemon Juice, Salt, Pepper, | | | | | | | |
| Sweet & Sour Chicken | Antibiotic free chicken thigh, Sweet & Sour Sauce (Raw Garlic, Canola Oil, White Sugar, Apple Cider Vinegar, Water, Cornstarch, Sea Salt, Red Peppers, Raw Onion, Pineapple | | | | | | | |

| GDFEF Lunch Ingredients List | | Allergens | | | | | | |
|-------------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Three Bean Chili | Raw Onion, Green Peppers, Black Beans (Black Beans, Water, Salt, Calcium Chloride), Kidney Beans (Dark Red Kidney Beans, Water, Corn Syrup, Salt, Calcium Chloride, Disodium edta), Great Northern Beans (Great Northern Beans, Water, Salt, & Calcium Chloride), Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Tomato Paste (Organic Tomato Paste, Naturally Derived Citric Acid), Dry Garlic Powder, Ground Red Chili Powder, Sea Salt, Organic Ketchup (Organic Tomato Puree (Tomato Paste, water), Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Organic Natural Flavor), Dark Brown Sugar, Ground Cinnamon | | | | | | | |
| Turkey Bolognese | Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour) Bolognese sauce (Antibiotic-free turkey, Marinara: 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 | Turkey Sausage: Ground Turkey (Dry Poultry Seasoning (Sage, Salt, Thyme, Coriander, Marjoram Leaf, Red Pepper, Tricalcium Phosphate), Sea Salt, Canola Oil | | | | | | | |
| Turkey Sloppy Joe | Antibiotic Free Ground Turkey, 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: Canola oil, raw garlic, yellow mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), tomato paste (Organic tomato paste, naturally derived citric acid), raw onion, raw red peppers. 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) | | | | | | | |

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| Fruit & Veggie Sides Ingredients | | Allergens | | | | | | |
|---------------------------------------|--|-----------|-----|-------|-------|------|-----------|--------|
| Vegetable Items | Ingredients | Soy | Egg | Wheat | Dairy | Fish | Shellfish | Sesame |
| Baby Carrots | Carrots | | | | | | | |
| Baja Salad | Black Beans, Corn, Granny Smith Apples, Raw Onion, Cherry Tomatoes, Lime Juice, Sriracha (Red Gold® Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Sugar, Distilled Vinegar, Salt, Less Than 2% Of: Onion Powder, Spices, Natural Flavors), Huy Fong Foods Sriracha Hot Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite as Preservatives, and Xanthan Gum)) | | | | | | | |
| Black Bean Dip | Black Beans, raw garlic, canola oil, lemon juice, sea salt, black pepper, white wine vinegar, ground cumin | | | | | | | |
| 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 | | | | | | | |
| Celery | Celery | | | | | | | |
| Cherry Tomatoes | Cherry Tomato | | | | | | | |
| Coined Carrots | Carrots, Sea Salt, Canola Oil | | | | | | | |
| Cold Peas | Peas | | | | | | | |
| Corn | Corn | | | | | | | |
| Cucumbers | Cucumbers | | | | | | | |
| Edamame | Edamame (shelled soybeans) | X | | | | | | |
| Green Beans | Green Beans | | | | | | | |
| Green Pepper Strips | Green Pepper | | | | | | | |
| Mashed Potatoes | Potatoes, Milk, Butter, Sea Salt | | | | X | | | |
| Mashed Sweet Potatoes | Sweet potatoes, sea salt, dark brown sugar, unsalted butter, whole milk | | | | X | | | |
| Pickles | Cucumbers, distilled vinegar, salt, calcium chloride, polysorbate 80, natural spice, turmeric oleoresin | | | | | | | |
| Snap Peas | Sugar snap peas | | | | | | | |
| GF/DF/EF Mashed Potatoes | Potatoes, Soy Milk, Sea Salt | X | | | | | | |
| GF/DF/EF Mashed Sweet Potatoes | Sweet potatoes, soy milk, brown sugar, salt | X | | | | | | |
| Peas | Peas | | | | | | | |
| Peas & Carrots | Peas & Carrots | | | | | | | |
| Peppers & Onions | Green Bell Pepper, Onions, Red Bell Peppers, Yellow Peppers | | | | | | | |
| 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 | | | | | | |
| Glazed Carrots | Carrots, Canola Oil, Brown Sugar. | | | | | | | |

| Fruit & Veggie Sides Ingredients | | Allergens | | | | | | |
|----------------------------------|---|------------|------------|--------------|--------------|-------------|------------------|---------------|
| Vegetable Items | Ingredients | Soy | Egg | Wheat | Dairy | Fish | Shellfish | Sesame |
| 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 | | | | | | | |
| Roasted Sweet Potatoes | Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper | X | | | | | | |
| 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 | Applesauce (Apples, Water, Erythorbic Acid (to maintain color), Blackberries, Blueberries, Raspberries, Strawberries, Water, . | | | | | | | |
| Applesauce | Apples, Water, Erythorbic Acid (to maintain color) *May contain Pears | | | | | | | |
| 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 | | | | | | | |
| Hummus | Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water | | | | | | | X |
| Ketchup | Tomato concentrate from red ripe tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring | | | | | | | |

| Fruit & Veggie Sides Ingredients | | Allergens | | | | | | |
|----------------------------------|---|-----------|-----|-------|-------|------|-----------|--------|
| Vegetable Items | Ingredients | Soy | Egg | Wheat | Dairy | Fish | Shellfish | Sesame |
| Marinara sauce | Canola oil, raw garlic, sea salt, dry basil, dry oregano, white sugar, tomato sauce(organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), diced tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), raw onion | | | | | | | |
| 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-carotenol and extractives of tumeric (color) | X | X | | | | | |
| Mustard | Distilled White Vinegar, Water, Mustard Seed, water, salt, tumeric, natural flavor & spices | | | | | | | |
| Ranch Dressing | Non fat greek yogurt (cultured skim milk, milk protein concentrate, corn starch, tapioca starch, locust bean gum), canola oil, water, salt, cider vinegar, distilled vinegar, egg yolk, natural flavors, dried garlic, lactic acid, gluconic acid spices, dried onion, acacia gum, xanthan gum, dried chive | | X | | X | | | |
| Salsa | Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt | | | | | | | |
| Sour Cream | Grade A cultured milk and cream, enzymes | | | | X | | | |
| Sumac Sauce | sour cream (cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carob bean gum, potassium sorbate (maintains freshness)), fat free plain yogurt (cultures pasteurized Grade A skim milk and skim milk solids, modified corn starch, polydextrose (fiber), natural flavor, Vitamin A palmitate and Vitamin D3), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac. | | | | X | | | |
| Sunbutter | Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salst and Natural Mixed Tocopherols to preserve freshness | | | | | | | |

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| Bread Ingredients | | Allergens | | | | | | |
|--------------------------|---|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Brioche Bun | Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, yeast, palm oil, buttermilk powder (whey solids, enzyme-modified butter, maltodextrin, salt, dehydrated butter, guar gum, annatto and turmeric), salt, dough conditioner (wheat flour, datem, contains 2% or less of: soybean oil, enzymes, ascorbic acid, L-cysteine, azodicarbonamide), dry malt, dough extender (wheat flour, monoglycerides, guar gum, corn syrup solids, silicon dioxide, soybean oil, enzymes, calcium sulfate, salt), calcium propionate, dough conditioner (yellow corn flour, colors, natural and artificial flavors), egg wash | X | X | X | X | | | |
| Cornbread | Whole grain cornmeal, whole wheat flour, sugar, baking powder, salt, organic whole milk, canola oil, eggs, Unsweetened Applesauce | | X | X | X | | | |
| Corn Tortilla | Corn, water and lime (calcium hydroxide) | | | | | | | |
| English Muffin | Whole wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor sodium stearoyl lactylate, mono - and diglycerides, ethoxylated mono- and diglycerides, sucralose, soy lecithin, soy, whey | X | | X | X | | | |
| Flour tortilla | 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 | | | | |
| Garlic Bread | Whole Wheat Bread (Whole wheat flour, water, 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, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), Unsalted Butter (cream, natural flavorings), Oregano, Thyme, Garlic, Salt, Pepper | X | | X | X | | | |
| Gluten Free Bread | 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 | | | | | | | |
| Gluten Free Bun | 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. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D | | | | | | | |
| Hot Dog Bun | Whole wheat flour, water, enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, soybean oil, yeast, contains 2% or less of the following: salt, dough conditioners (monoglycerides, sodium stearoyl lactylate, ascorbic acid, calcium peroxide, enzymes), yeast nutrients (monocalciumphosphate, calcium sulfate, ammonium sulfate). | X | | X | | | | |
| Pita | 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 | | | | |

| Bread Ingredients | | Allergens | | | | | | |
|----------------------------------|--|-----------|-----|--------------|-------|------|-----------|--------|
| Item | Ingredients | Soy | Egg | Wheat/Gluten | Dairy | Fish | Shellfish | Sesame |
| Whole Wheat Pita | 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 |
| Pizza Dough | Whole wheat flour, yeast, water, salt | | | X | | | | |
| Whole Grain Biscuit | 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 | | | |
| Whole Grain Bread | Whole wheat flour, water, 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, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch | X | | X | | | | |
| 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 | | | | |
| Whole Grain Roll | Water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: salt, dough conditioners (calcium stearoyl lactylate, mono & diglycerides, datem, ascorbic acid, l-cysteine hydrochloride, calcium peroxide, enzymes), yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate | X | | X | | | | |
| Whole Wheat Tortilla | Ingredients: 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 | | | | |

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 above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.