



# SUMMER LUNCH MENU

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday, May 29</b> Penne Pasta w/Creamy Red Pepper Sauce & Mozzarella Cheese Cucumber Salad Appleberry Sauce	<b>Tuesday, May 30</b> Turkey Sloppy Joe <i>Veggie Sloppy Joe</i> WG Hamburger Bun Roasted Potatoes Apple Slices	<b>Wednesday, May 31</b> Pizza Muffins Marinara Sauce Steamed Carrots Pineapple	<b>Thursday, June 1</b> BBQ Chicken <i>Southern Lentils</i> Couscous Salad Collard Greens Fruit Salad CHP	<b>Friday, June 2</b> Ravioli w/Marinara Sauce Mozzarella Cheese Steamed Peas Applesauce
<b>Monday, June 5</b> Teriyaki Chicken <i>Teriyaki Tofu</i> (Not So) Fried Rice Green Beans Orange Slices	<b>Tuesday, June 6</b> Farfalle w/Creamy Garlic Sauce Mozzarella Cheese Roasted Zucchini Pear Slices	<b>Wednesday, June 7</b> Bell & Evans Chicken Nuggets <i>Veggie Nuggets</i> WG Bread Broccoli Melon	<b>Thursday, June 8</b> Turkey Meatball Marinara Sandwich <i>Veggie "Meatball" Marinara Sandwich</i> WG Hamburger Bun Steamed Carrots Fruit Salad CHP	<b>Friday, June 9</b> WG Garlic Herb Cheese Pizza Marinara Sauce Roasted Sweet Potatoes Apple Slices
<b>Monday, June 12</b> Greek Tomato Chicken <i>Greek Tomato Lentils</i> Quinoa Greek Cucumber Salad Applesauce	<b>Tuesday, June 13</b> Penne Mostaccioli Squash Medley Pear Slices	<b>Wednesday, June 14</b> Creamy Lemon Orzo Casserole Broccoli Pineapple	<b>Thursday, June 15</b> Turkey Sausage Patty <i>Veggie Sausage Patty</i> WG French Toast Cauliflower Melon	<b>Friday, June 16</b> WG Breaded Chicken Patty <i>Veggie Burger</i> WG Hamburger Bun Steamed Peas Orange Slices
<b>Monday, June 19</b> Turkey Taco <i>Boca Taco</i> Flour Tortilla Peppers & Onions Salsa Pear Slices	<b>Tuesday, June 20</b> Chicken (Not So) Fried Rice <i>Tofu (Not So) Fried Rice</i> (Not So) Fried Rice Roasted Zucchini Apple Slices	<b>Wednesday, June 21</b> Creamy Mac N Cheese Broccoli Melon	<b>Thursday, June 22</b> Chicken Mushroom Marsala <i>Chickenless Vegan Mushroom Marsala</i> Brown Rice Cucumber Slices Fruit Salad CHP	<b>Friday, June 23</b> Bell & Evans Chicken Nuggets <i>Veggie Nuggets</i> WG Bread Green Beans Orange Slices

WG = Whole Grain  
 CHP = Cantaloupe, Honeydew, Pineapple



# SUMMER GF/DF/EF LUNCH MENU

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday, May 29</b> GF Penne w/Roasted Red Pepper Sauce Turkey Meatballs Cucumber Salad Appleberry Sauce	<b>Tuesday, May 30</b> Turkey Sloppy Joe GF Hamburger Bun Roasted Potatoes Apple Slices	<b>Wednesday, May 31</b> GF/DF/EF Bean & DF Cheese Tamale Steamed Carrots Pineapple	<b>Thursday, June 1</b> BBQ Chicken Brown Rice Collard Greens Fruit Salad CHP	<b>Friday, June 2</b> GF Penne GF/DF/EF Turkey Bolognese Steamed Peas Applesauce
<b>Monday, June 5</b> Teriyaki Chicken (Not So) Fried Rice Green Beans Orange Slices	<b>Tuesday, June 6</b> GF Penne w/GF/DF/EF Creamy Garlic Sauce DF Mozzarella & GF/DF/EF Turkey Meatball Roasted Zucchini Pear Slices	<b>Wednesday, June 7</b> Grilled Chicken GF/DF/EF Bread Broccoli Melon	<b>Thursday, June 8</b> Turkey Meatball Marinara Sandwich GF Hamburger Bun Steamed Carrots Fruit Salad CHP	<b>Friday, June 9</b> GF/DF/EF Bean & DF Cheese Tamale Roasted Sweet Potatoes Apple Slices
<b>Monday, June 12</b> Greek Tomato Chicken Quinoa Greek Cucumber Salad Applesauce	<b>Tuesday, June 13</b> GF Penne GF/DF/EF Turkey Bolognese Squash Medley Pear Slices	<b>Wednesday, June 14</b> Lemon Chicken Brown Rice Broccoli Pineapple	<b>Thursday, June 15</b> Turkey Sausage Patties GF Bread Cauliflower Melon	<b>Friday, June 16</b> Grilled Chicken GF Hamburger Bun Steamed Peas Orange Slices
<b>Monday, June 19</b> Turkey Taco Corn Tortilla Peppers & Onions Salsa Pear Slices	<b>Tuesday, June 20</b> Chicken (Not So) Fried Rice (Not So) Fried Rice Roasted Zucchini Apple Slices	<b>Wednesday, June 21</b> GF/DF/EF Creamy Mac N Cheese w/ Turkey Meatballs Broccoli Melon	<b>Thursday, June 22</b> Grilled Chicken GF/DF/EF Marsala Sauce Brown Rice Cucumber Slices Fruit Salad CHP	<b>Friday, June 23</b> Grilled Chicken GF Bread Green Beans Orange Slices

All items on this menu are gluten-free/dairy-free/egg-free.  
 CHP = Cantaloupe, Honeydew, Pineapple



# SUMMER COMFORT FOOD LUNCH MENU

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday, May 29</b> Creamy Mac N Cheese Cucumber Salad Appleberry Sauce	<b>Tuesday, May 30</b> Bell & Evans Chicken Nuggets WG Bread Roasted Potatoes Apple Slices	<b>Wednesday, May 31</b> Penne Pasta Marinara Mozzarella Cheese Steamed Carrots Pineapple	<b>Thursday, June 1</b> Bell & Evans Chicken Nuggets WG Bread Collard Greens Fruit Salad CHP	<b>Friday, June 2</b> Creamy Mac N Cheese Steamed Peas Applesauce
<b>Monday, June 5</b> Penne Pasta Marinara Mozzarella Cheese Green Beans Orange Slices	<b>Tuesday, June 6</b> Bell & Evans Chicken Nuggets WG Bread Roasted Zucchini Pear Slices	<b>Wednesday, June 7</b> Creamy Mac N Cheese Broccoli Melon	<b>Thursday, June 8</b> Bell & Evans Chicken Nuggets WG Bread Steamed Carrots Fruit Salad CHP	<b>Friday, June 9</b> Penne Pasta Marinara Mozzarella Cheese Roasted Sweet Potatoes Apple Slices
<b>Monday, June 12</b> Creamy Mac N Cheese Greek Cucumber Salad Applesauce	<b>Tuesday, June 13</b> Bell & Evans Chicken Nuggets WG Bread Squash Medley Pear Slices	<b>Wednesday, June 14</b> Penne Pasta Marinara Mozzarella Cheese Broccoli Pineapple	<b>Thursday, June 15</b> Bell & Evans Chicken Nuggets WG Bread Cauliflower Melon	<b>Friday, June 16</b> Creamy Mac N Cheese Steamed Peas Orange Slices
<b>Monday, June 19</b> Penne Pasta Marinara Mozzarella Cheese Peppers & Onions Pear Slices	<b>Tuesday, June 20</b> Bell & Evans Chicken Nuggets WG Bread Roasted Zucchini Apple Slices	<b>Wednesday, June 21</b> Creamy Mac N Cheese Broccoli Melon	<b>Thursday, June 22</b> Bell & Evans Chicken Nuggets WG Bread Cucumber Slices Fruit Salad CHP	<b>Friday, June 23</b> Penne Pasta Marinara Mozzarella Cheese Green Beans Orange Slices

WG= Whole Grain  
 CHP= Cantaloupe, Honeydew, Pineapple



# SUMMER VEGAN LUNCH MENU

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday, May 29</b> Penne w/Roasted Red Pepper Sauce & Veggie Meatballs Cucumber Salad Appleberry Sauce	<b>Tuesday, May 30</b> Veggie Sloppy Joe WG Hamburger Bun Roasted Potatoes Apple Slices	<b>Wednesday, May 31</b> GF/DF/EF Bean & Cheese Tamale Steamed Carrots Pineapple	<b>Thursday, June 1</b> Southern Lentils Couscous Salad Collard Greens Fruit Salad CHP	<b>Friday, June 2</b> Penne Pasta Marinara Veggie Meatballs Steamed Peas Applesauce
<b>Monday, June 5</b> Teriyaki Tofu (Not So) Fried Rice Green Beans Orange Slices	<b>Tuesday, June 6</b> Penne w/GF/DF/EF Creamy Garlic Sauce & Veggie Meatballs Roasted Zucchini Pear Slices	<b>Wednesday, June 7</b> Vegan Chicken Nuggets WG Bread Broccoli Melon	<b>Thursday, June 8</b> Veggie Meatball Marinara Sandwich WG Hamburger Bun Steamed Carrots Fruit Salad CHP	<b>Friday, June 9</b> GF/DF/EF Bean & Cheese Tamale Roasted Sweet Potatoes Apple Slices
<b>Monday, June 12</b> Greek Tomato Lentils Quinoa Greek Cucumber Salad Applesauce	<b>Tuesday, June 13</b> Penne Pasta Marinara Veggie Meatballs Squash Medley Pear Slices	<b>Wednesday, June 14</b> Lemon Tofu Brown Rice Broccoli Pineapple	<b>Thursday, June 15</b> Veggie Sausage Patty WG French Toast Sticks Cauliflower Melon	<b>Friday, June 16</b> Veggie Burger WG French Toast Sticks Steamed Peas Orange Slices
<b>Monday, June 19</b> Veggie Taco Flour Tortilla Peppers & Onions Salsa Pear Slices	<b>Tuesday, June 20</b> Tofu (Not So) Fried Rice (Not So) Fried Rice Roasted Zucchini Apple Slices	<b>Wednesday, June 21</b> GF/DF/EF Mac N Cheese Veggie Meatballs Broccoli Melon	<b>Thursday, June 22</b> Chickenless Vegan Mushroom Marsala Brown Rice Cucumber Slices Fruit Salad CHP	<b>Friday, June 23</b> Penne Pasta Marinara Veggie Meatballs Green Beans Orange Slices

WG = Whole Grain

CHP = Cantaloupe, Honeydew, Pineapple

PreK Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>BBQ Chicken Thigh</b>	Chicken Thigh <b>BBQ sauce</b> organic ketchup (Tomato Puree (Tomato Paste, water), Naturally Milled Sugar, Vinegar, Sea Salt, Onion Powder, Garlic Powder, Natural Flavor), unsulfured molasses, apple cider vinegar (made with filtered water), hot sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder)							
<b>Chicken Marsala</b>	Antibiotic-free chicken breast, canola oil, sea salt Mushrooms, water, 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), butter, onion, garlic, canola oil, black pepper, sea salt				X			
<b>Chicken Nuggets, Bell &amp; Evans</b>	Chicken Breast Meat, Water, Salt. Breaded with Unbleached Wheat Flour, Water, Salt, Evaporated Cane Juice, Dried Yeast, Spices, Paprika. Flash fried in soybean oil to set breading	X		X				
<b>Chicken "Not So" Fried</b>	<b>Chicken Thigh</b> <b>Sauce</b> Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
<b>"Not so" Fried Rice</b>	<b>Fried Rice Sauce</b> 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 vinegar, soy sauce, garlic powder, ground ginger, white granulated sugar, sesame oil Peas & carrots Brown rice	X						X
<b>"Crispy Chicken Sandwich" Breaded Chicken Patty, WG</b>	<b>Chicken Patty</b> Chicken Breast With Rib Meat, Water, <i>Whole Wheat</i> Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Isolated Soy Protein, Seasoning ((Modified Food Starch [Potato], Flavoring), Modified Food Starch, Onion Powder, Salt, Black Pepper), Contains 2% Or Less Of <i>Dried Whole Eggs</i> , Yellow Corn Flour, Concentrated Chicken Broth, Salt, <i>Soybean</i> Oil, Sodium Phosphates, Sugar, Dried Yeast, Onion Powder, Garlic Powder, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Guar Gum, Canola Oil, Paprika Extractive (Color) <b>Served w/ WG Hamburger Bun</b> (see bread ingredients)	X	X	X				
<b>Creamy Mac &amp; Cheese</b>	<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			
<b>Creamy Lemon Orzo Casserole</b>	<b>Orzo</b> Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid <b>Mozzarella Cheese</b> Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (To Prevent Caking) <b>Cooked Chicken Breast</b> antibiotic-free chicken breast, canola oil, sea salt <b>Creamy Lemon Sauce</b> raw onion, raw garlic, canola oil, lemon juice, water, sea salt, corn starch, half & half (Milk, cream, dipotassium phosphate)			X	X			
<b>French Toast Sticks, WG (Rich's)</b>	Bread (whole wheat flour, water, enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], wheat gluten, sugar, yeast, salt, soybean oil, cultured wheat flour, vinegar, soy lecithin, ascorbic acid, enzyme), water, whole wheat flour, soybean oil, sugar, enriched yellow corn flour (yellow corn flour, niacin, iron as ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of each of the following: carrageenan, dextrose, dried yeast, gum arabic, leavening (baking soda, monocalcium phosphate), natural and artificial flavor, salt, soy flour, soy lecithin	X		X				
<b>Greek Tomato Chicken</b>	<b>Cooked Chicken Breast</b> antibiotic-free chicken breast, canola oil, sea salt <b>Greek Tomato Sauce</b> raw garlic, dry oregano, canola oil, diced onions, parsley, thyme, diced tomato (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), tomato sauce (Tomato Puree, Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), diced red peppers, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate)							

<b>Garlic &amp; Herb Cheese Pizza</b>	<b>Pizza Base</b> Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices <b>Mozzarella Cheese</b> Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking) <b>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil	X		X	X			
<b>Marinara Sauce</b>	Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil							
<b>Pancake, WG</b>	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			
<b>Pasta w/ Creamy Garlic Sauce &amp; Mozzarella Cheese</b>	<b>Farfalle Pasta</b> semolina (wheat), durum wheat flour, vitamin B3 (niacin), iron (ferrous sulfate), Vitamin B1, Riboflavin, Folic acid <b>Creamy Garlic Sauce</b> Whole Milk, unsalted butter, all purpose flour, garlic, parsley flakes, sea salt, black pepper <b>Served with mozzarella cheese</b> (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
<b>Pasta, Mostaccioli (baked together)</b>	<b>Penne Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil <b>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil <b>Mozzarella Cheese</b> Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
<b>Pasta w/ Creamy Red Pepper Sauce &amp; Mozzarella Cheese</b>	<b>Rotini Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil <b>Roasted Pepper Cream Sauce</b> Roasted Red Pepper Sauce Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt Half & Half (Milk, cream, dipotassium phosphate) Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose) <b>Served with mozzarella cheese</b> (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
<b>Pizza Muffin</b>	Enriched all-purpose flour (Lonesome Stone), baking powder, whole milk (organic milk, vitamin B6), liquid eggs (Whole eggs, citric acid, water), 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)), basil, garlic, oregano		X	X	X			
<b>Ravioli (Cheese) w/ Marinara Sauce</b>	<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>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Cheese Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered)	X	X	X	X			
<b>Teriyaki Chicken</b>	<b>Cooked Chicken Thigh</b> (raw chicken thigh, canola oil, sea salt) <b>Teriyaki Sauce</b> raw ginger, soy sauce, brown sugar, water, cornstarch, raw onion	X						

<b>Turkey Sausage Patty</b>	Antibiotic-Free Ground Turkey, Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
<b>Turkey Sloppy Joe</b>	<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</b> (see bread ingredients)	X (bun)		X (bun)				
<b>Turkey Taco</b>	<b>Antibiotic-Free Ground Turkey</b> <b>Taco Seasoning</b> Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor <b>Served on a flour tortilla</b> (see bread ingredients)			X				
<b>Turkey Meatball &amp; Marinara Sandwich</b>	<b>Turkey Meatballs</b> Ground turkey, panko bread crumbs (wheat flour, sugar, yeast, salt) , sea salt <b>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil <b>Served w/ whole grain hamburger bun</b> (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.

PreK Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Tofu "Not So" Fried Rice	<b>Tofu</b> Non-GMO soybeans, water, calcium sulfate <b>Sauce</b> Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
"Not so" Fried Rice	<b>Fried Rice Sauce</b> 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 vinegar, soy sauce, garlic powder, ground ginger, white granulated sugar, sesame oil Peas & carrots Brown rice	X						X
Chickenless Vegan Mushroom Marsala	<b>Vegan Chicken Tenders</b> soy filling (hydrated soy protein concentrate), natural chicken type flavor (yeast extract, salt, potato maltodextrin, natural flavor, onion powder, lactic acid, sugar), expeller pressed canola oil, modified cullulose, potato starch, batter/breading (enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], whole grain flour blend (amaranth, quinoa, millet, sorghum, teff), rice flour, salt, <i>sunflower oil</i> , leavening [cream of tartar, sodium bicarbonate], whole grain rolled oats, oat bran, sugar, dextrose, spices [including celery seeds], yeast, paprika abstract. Prefried in expeller pressed canola oil <b>Sauce</b> sea salt, black pepper, canola oil, soy milk (water, organic soybeans), white mushrooms, onion, 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), water	X						
Creamy Mac & 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			
Creamy Lemon Orzo Casserole	<b>Orzo</b> Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid <b>Mozzarella Cheese</b> Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Powdered Cellulose (To Prevent Caking) <b>Parmesan Cheese</b> imported parmesan cheese (pasteurized), part-skim milk, cheese cultures, salt, enzymes <b>Creamy Lemon Sauce</b> raw onion, raw garlic, canola oil, lemon juice, water, sea salt, corn starch, half & half (Milk, cream, dipotassium phosphate)			X	X			
French Toast Sticks, WG (Rich's)	Bread (whole wheat flour, water, enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], wheat gluten, sugar, yeast, salt, soybean oil, cultured wheat flour, vinegar, soy lecithin, ascorbic acid, enzyme), water, whole wheat flour, soybean oil, sugar, enriched yellow corn flour (yellow corn flour, niacin, iron as ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of each of the following: carrageenan, dextrose, dried yeast, gum arabic, leavening (baking soda, monocalcium phosphate), natural and artificial flavor, salt, soy flour, soy lecithin	X		X				
Greek Tomato Lentils	<b>Greek Tomato Sauce</b> raw garlic, dry oregano, canola oil, diced onions, parsley, thyme, diced tomato (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), tomato sauce (Tomato Puree, Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), diced red peppers, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) <b>Lentils</b>							
Marinara Sauce	Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil							
Pasta w/ Creamy Garlic Sauce & Mozzarella Cheese	<b>Farfalle Pasta</b> semolina (wheat), durum wheat flour, vitamin B3 (niacin), iron (ferrous sulfate), Vitamin B1, Riboflavin, Folic acid <b>Creamy Garlic Sauce</b> Whole Milk, unsalted butter, all purpose flour, garlic, parsley flakes, sea salt, black pepper <b>Served with mozzarella cheese</b> (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			



PreK Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Pasta w/ Creamy Red Pepper Sauce &amp; Mozzarella Cheese</b>	<b>Rotini Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil <b>Roasted Pepper Cream Sauce</b> Roasted Red Pepper Sauce (Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt), Half & Half (Milk, cream, dipotassium phosphate), Parmesan Cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose) <b>Served with mozzarella cheese</b> (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
<b>Pasta, Mostaccioli (baked together)</b>	<b>Penne Pasta</b> Semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil <b>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil <b>Mozzarella Cheese</b> Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	X			
<b>Pizza Muffin</b>	Enriched all-purpose flour (Lonesome Stone), baking powder, whole milk (organic milk, vitamin B6), liquid eggs (Whole eggs, citric acid, water), 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)), basil, garlic, oregano		X	X	X			
<b>Garlic &amp; Herb Cheese Pizza</b>	<b>Pizza Base</b> Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices <b>Mozzarella Cheese</b> Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking) <b>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil	X		X	X			
<b>Ravioli (Cheese) w/ Marinara Sauce</b>	<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>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil <b>Cheese</b> Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered	X	X	X	X			
<b>Roasted Red Pepper Sauce</b>	Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt							
<b>Southern Lentils</b>	<b>Lentils</b> dry lentils, vegetable base, bay leaf, sea salt Kidney Beans, lawry seasoning, red peppers, garlic, onion, canola oil							
<b>Teriyaki Tofu</b>	<b>Tofu</b> Non-GMO soybeans, water, calcium sulfate <b>Teriyaki Sauce</b> raw ginger, soy sauce, brown sugar, water, corstarch, raw onion	X						

PreK Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Tortellini w/ Roasted Red Pepper Sauce &amp; Shredded Mozzarella</b>	<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>Roasted Red Pepper Sauce</b> Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt <b>Cheese</b> Mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered)	X	X	X (pasta)	X			
<b>Veggie "Meat"ball &amp; Marinara Sandwich</b>	<b>Veggie 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), 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 <b>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil <b>Served w/ whole grain hamburger bun</b> (see bread ingredients)	X		X				
<b>Veggie Burger</b>	<b>Veggie Patty</b> 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>Served on a whole grain hamburger bun</b> (see bread ingredients)	X		X				
<b>Veggie Taco</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</b> (see bread ingredients)	X		X				
<b>Veggie Nuggets</b>	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			
<b>Veggie Sausage Patty</b>	water, wheat gluten, soy flour, egg whites, corn oil, soy protein concentrate, sodium caseinate, modified tapioca starch, contains two percent or less of lactose, soybean oil (with tbhq for freshness), soy protein isolate, autolyzed yeast extract, spices, natural and 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. contains: wheat, soy, egg and milk ingredients.	X	X	X	X			
<b>Veggie Sloppy Joe</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 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</b> (see bread ingredients)	X		X				

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PreK GF/DF/EF Lunch Ingredients List								
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
BBQ Chicken Thigh	Chicken Thigh <b>BBQ sauce</b> organic ketchup (Tomato Puree (Tomato Paste, water), Naturally Milled Sugar, Vinegar, Sea Salt, Onion Powder, Garlic Powder, Natural Flavor), unsulfured molasses, apple cider vinegar (made with filtered water), hot sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder)							
Chicken "Not So" Fried	<b>Chicken Thigh</b> <b>Sauce</b> Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
"Not so" Fried Rice	<b>Fried Rice Sauce</b> 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 vinegar, soy sauce, garlic powder, ground ginger, white granulated sugar, sesame oil Peas & carrots Brown rice	X						X
Bean & Cheese Tamale, GF/DF/EF	Dry masa corn (white corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness), refried beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), vegan cheddar cheese (filtered water, modified potato starch, canola oil, vegetable glycerin, 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), corn husk (dried corn husks, water with sulphur dioxide)							
Bread, GF/DF/EF	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							
Chicken Marsala	Antibiotic-free chicken breast, canola oil, sea salt Mushrooms, water, 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, soy milk, onion, garlic, sea salt, black pepper	X						
Creamy Mac & Cheese, GF/DF	<b>Gluten-free elbow pasta</b> Organic Rice Flour, Organic Potato Starch, Organic Rice 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 <b>Soy milk</b> Water, organic soybeans	X						
Greek Tomato Chicken	<b>Cooked Chicken Breast</b> antibiotic-free chicken breast, canola oil, sea salt <b>Greek Tomato Sauce</b> raw garlic, dry oregano, canola oil, diced onions, parsley, thyme, diced tomato (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), tomato sauce (Tomato Puree, Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), diced red peppers, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate)							
Grilled Chicken	Antibiotic-free chicken, canola oil, salt, pepper							
Lemon Chicken w/ Sauce	<b>Chicken</b> Antibiotic-free chicken breast, canola oil, sea salt <b>Lemon Sauce</b> Water, lemon juice, onion, garlic, canola oil, corn starch, sea salt							
Mashed Potatoes, DF	russet potatoes, raw, sea salt, soy milk (water, organic soybeans)	X						
Mozzarella, DF	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)							
Pasta, GF w/ DF Creamy Garlic Sauce & DF Mozzarella	<b>Gluten-Free Penne Pasta</b> Organic brown rice, water <b>Creamy Garlic Sauce</b> Soy Milk, Canola Oil, garlic, parsley flakes, cornstarch, sea salt, black pepper <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						

PreK GF/DF/EF Lunch Ingredients List								
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pasta, GF w/ Turkey Bolognese	<b>Gluten-free penne pasta</b> Organic Rice Flour, Organic Potato Starch, Organic Rice 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						
Teriyaki Chicken	<b>Cooked Chicken Thigh</b> (raw chicken thigh, canola oil, sea salt) <b>Teriyaki Sauce</b> raw ginger, soy sauce, brown sugar, water, cornstarch, raw onion	X						
Roasted Red Pepper Sauce	Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt							
Turkey Meatballs, GF/DF/EF	<b>Turkey Meatballs</b> Ground turkey, sea salt							
Turkey Meatball & Marinara Sandwich, GF/DF/EF	<b>Marinara Sauce</b> 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>Served w/ GF/DF/EF hamburger bun</b> (see bread ingredients)							
Turkey Taco	<b>Antibiotic-Free Ground Turkey</b> <b>Taco Seasoning</b> Salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor <b>Salsa</b> Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, lime juice, salt <b>Served on a flour tortilla</b> (see bread ingredients)			X				
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</b> (see bread ingredients)							
Turkey Sausage Patty	Antibiotic-Free Ground Turkey, Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
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Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Tofu "Not So" Fried Rice	<b>Tofu</b> Non-GMO soybeans, water, calcium sulfate <b>Sauce</b> Water, soy sauce, sesame oil, rice vinegar, water, garlic powder, ground ginger, sugar	X						X
"Not so" Fried Rice	<b>Fried Rice Sauce</b> 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 vinegar, soy sauce, garlic powder, ground ginger, white granulated sugar, sesame oil Peas & carrots Brown rice	X						X
Bean & Cheese Tamale, GF/DF/EF	Dry masa corn (white corn cooked with lime-water, cellulose gum, fumaric acid and sodium propionate added to preserve freshness), refried beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic), vegan cheddar cheese (filtered water, modified potato starch, canola oil, vegetable glycerin, 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), corn husk (dried corn husks, water with sulphur dioxide)							
Chickenless Vegan Mushroom Marsala	<b>Vegan Chicken Tenders</b> soy filling (hydrated soy protein concentrate), natural chicken type flavor (yeast extract, salt, potato maltodextrin, natural flavor, onion powder, lactic acid, sugar), expeller pressed canola oil, modified cellulose, potato starch, batter/breading (enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], whole grain flour blend (amaranth, quinoa, millet, sorghum, teff), rice flour, salt, <i>sunflower oil</i> , leavening [cream of tartar, sodium bicarbonate), whole grain rolled oats, oat bran, sugar, dextrose, spices [including celery seeds], yeast, paprika abstract. Prefried in expeller pressed canola oil <b>Sauce</b> sea salt, black pepper, canola oil, soy milk (water, organic soybeans), white mushrooms, onion, 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), water	X						
Creamy Mac & Cheese, GF/DF/EF	<b>Gluten-free elbow pasta</b> Organic Rice Flour, Organic Potato Starch, Organic Rice 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 <b>Soy milk</b> Water, organic soybeans	X						
French Toast Sticks, WG (Rich's)	Bread (whole wheat flour, water, enriched wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], wheat gluten, sugar, yeast, salt, soybean oil, cultured wheat flour, vinegar, soy lecithin, ascorbic acid, enzyme), water, whole wheat flour, soybean oil, sugar, enriched yellow corn flour (yellow corn flour, niacin, iron as ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of each of the following: carrageenan, dextrose, dried yeast, gum arabic, leavening (baking soda, monocalcium phosphate), natural and artificial flavor, salt, soy flour, soy lecithin	X		X				
Marinara Sauce	Diced Tomatoes (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							
Pasta w/ Marinara & Veggie "Meat"balls	<b>Penne/Rotini Pasta</b> Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid <b>Marinara Sauce</b> Diced Tomatoes (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 <b>Veggie "Meat"balls</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), 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				

Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pasta, GF w/ DF Creamy Garlic Sauce & DF Mozzarella	<b>Gluten-free penne pasta</b> Organic brown rice, water <b>Creamy Garlic Sauce</b> Soy Milk, Canola Oil, garlic, parsley flakes, cornstarch, sea salt, black pepper <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						
Pasta, Roasted Red Pepper Sauce & Veggie Meatballs	<b>Penne/Rotini Pasta</b> Semolina (Wheat), Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid <b>Roasted Red Pepper</b> Fire roasted red peppers, water, canola oil, garlic, dry basil, black pepper, sea salt <b>Veggie "Meat"balls</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), 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				
Greek Tomato Lentils	<b>Greek Tomato Sauce</b> raw garlic, dry oregano, canola oil, diced onions, parsley, thyme, diced tomato (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), tomato sauce (Tomato Puree, Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors), diced red peppers, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) <b>Lentils</b>							
Lemon Tofu w/ Sauce	<b>Tofu</b> <b>Lemon Sauce</b> Water, lemon juice, onion, garlic, canola oil, corn starch, sea salt	X						
Waffle, GF/DF/EF	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						
Southern Lentils	<b>Lentils</b> dry lentils, vegetable base, bay leaf, sea salt Kidney Beans, lawry seasoning, red peppers, garlic, onion, canola oil							
Teriyaki Tofu	<b>Tofu</b> Non-GMO soybeans, water, calcium sulfate <b>Teriyaki Sauce</b> raw ginger, soy sauce, brown sugar, water, corstarch, raw onion	X						
Vegan Chicken Tenders	soy filling (hydrated soy protein concentrate), natural chicken type flavor (yeast extract, salt, potato maltodextrin, natural flavor, onion powder, lactic acid, sugar), expeller pressed canola oil, modified cellulose, potato starch, batter/breading (enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], whole grain flour blend (amaranth, quinoa, millet, sorghum, teff), rice flour, salt, sunflower oil, leavening [cream of tartar, sodium bicarbonate], whole grain rolled oats, oat bran, sugar, dextrose, spices [including celery seeds], yeast, paprika abstract. Prefried in expeller pressed canola oil	X		X				
Vegan Chicken Nuggets	Vegan Filling: Water, Soy Protein Concentrate, Onions, Wheat Gluten, Soy Protein Isolate, Natural Chicken Flavor (Yeast Extract, Salt, Potato Maltodextrin, Onion Powder, Natural Flavoring, Lactic Acid, Sugar), Methyl Cellulose, Soy Flour, Garlic, Salt, Spice, Breading: Bread Crumbs (Whole Wheat Flour, Enriched Wheat Flour [Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Yeast, Salt), Water, Batter (Enriched Wheat Flour [Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Whole Grain Flour Blend [Amaranth, Quinoa, Millet, Sorghum, Teff], Rice Flour, Salt, Leavening [Cream of Tartar, Sodium Bicarbonate], Sugar, Sunflower Oil, Spices [Including Celery Seeds]). Flash Fried in Expeller Pressed Canola Oil.	X		X				
Veggie Burger	<b>Veggie Patty</b> Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper <i>*pre-cooked in expeller pressed canola oil</i> <b>Served on a whole grain hamburger bun</b> (see bread ingredients)	X		X				

Vegan Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Veggie "Meat"ball & Marinara Sandwich	<b>Veggie 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), 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 <b>Marinara Sauce</b> Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil <b>Served w/ whole grain hamburger bun</b> (see bread ingredients)	X		X				
Veggie "Meat"balls	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				
Vegan Sausage Patty	Hydrated Soy Protein (Water, Soy Protein Concentrate, Soy Protein Isolate), Wheat Gluten, Canola Oil, Potato Starch, Methyl Cellulose, Contains less than 2% of Soy Sauce Powder (Soy Sauce [Soybeans, Salt, Sugar], Maltodextrin, Salt), Fruit Juice (for Color), Natural Flavor (Salt, Maltodextrin, Natural Flavors, Disodium Inosinate, Disodium Guanylate, Silicon Dioxide), Salt, Oat Fiber, Yeast Extract, Natural Flavor (Water, Glycerol, Natural Flavors), Black Pepper, Sage, Fennel, Natural Flavor (Water, Glycerol, Propylene Glycol, Natural Flavors), Garlic Powder, Onion Powder	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</b> (see bread ingredients)	X		X				
Veggie Taco	<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</b> (see bread ingredients)	X		X				
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PreK Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Broccoli	Broccoli							
Carrots	Carrots							
Cauliflower	Cauliflower							
Collard Greens	vegetable base, water, frozen collard greens, raw onion, raw red pepper, garlic, canola oil, cajun seasoning, dark brown sugar, apple cider vinegar, sea salt							
Corn	Corn							
Cucumbers	Cucumbers							
Cucumber Salad	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
Green Beans	Green beans							
Greek Cucumber Salad	raw cucumber, water, sea salt, black pepper, red wine vinegar, dry parsley flakes, dry dill weed							
Snap Peas	Snap peas							
Peas	Peas							
Peas & Carrots	Peas, carrots							
Peppers & Onions	Green bell pepper, onions, red bell peppers, yellow peppers							
Steamed Carrots	Carrots, sea salt							
Mashed Potatoes	raw, peeled russet potatoes, whole milk (organic milk, vitamin D6), unsalted butter (cream, natural flavorings), sea salt				X			
Roasted Potatoes	Potatoes, Canola Oil, Parsley, Lawry's Seasoning (Salt, Sugar, Spices (including paprika & tumeric), onion, cornstarch, garlic, tricalcium phosphate (prevents caking), natural flavor, paprika oleoresin (for color)							
Roasted Sweet Potatoes	Sweet potatoes, canola oil							
Roma Tomatoes	Roma Tomatoes							
Roasted Zucchini	Zucchini, olive oil, sea salt							
Squash Medley	Yellow squash, zucchini squash, canola oil, salt							
Sweet Peas	Peas							
<b>Fruit Items</b>	<b>Ingredients</b>							
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 Cup, Pineapple	Pineapple, Pineapple Juice, Ascorbic Acid (to Promote Color Retention), and Citric Acid							
Fruit Salad	2 or more: watermelon, cantaloupe, honeydew, pineapple, strawberries, blueberries							
Fruit Salad CH	Cantaloupe, honeydew							
Fruit Salad CHP	Cantaloupe, honeydew, pineapple							
Honeydew	Honeydew							
Kiwi	Kiwi							
Orange Slices	Oranges							
Peaches, Diced	Peaches, Ascorbic Acid (To Promote Color Retention), Citric Acid and Malic Acid.							
Pear Slices	Pears, calcium ascorbate							
Pearsauce	Pears, water, white sugar							
Pineapple	Pineapple							
Pineapple Salsa	Pineapple, red peppers, onion, sea salt, cilantro, lime juice							
Watermelon	Watermelon							
<b>Other Items</b>	<b>Ingredients</b>							
Asian Noodles	Wheat Flour, Water, Wheat Gluten, Salt, Soybean Oil	X		X				



PreK Fruit & Veggie Sides Ingredients		Allergens						
<b>Brown Rice</b>	Whole grain parboiled brown rice							
<b>Cous Cous (whole wheat)</b>	whole wheat cous cous (wheat flour), water, 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.)				X			
<b>Hummus</b>	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
<b>Jelly, Grape</b>	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							
<b>Jelly Packet, Grape</b>	Concord grapes, sugar, fruit pectin, citric acid							
<b>Ketchup</b>	Muir Glenn Organic Ketchup, Organic Tomato concentrate from red ripe tomatoes, distilled vinegar, sugar, salt, onion powder, spice, onion powder, natural flavoring							
<b>Ranch Dressing (Bulk)</b>	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		
<b>Ranch Dressing (Packet)</b>	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		
<b>Salsa</b>	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, lime juice, salt							
<b>Sour Cream (Bulk)</b>	Grass raised milk Cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes					X		
<b>Sunbutter</b>	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							
<b>Quinoa</b>	Quinoa							

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PreK Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Biscuit, WG</b>	Whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine monoitrate, 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			
<b>Bread, GF/DF/EF</b>	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							
<b>Breadstick, WG, Garlic &amp; Herb</b>	Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices. COMMON ALLERGENS PRESENT: Wheat, soy	X		X				
<b>Bread, WG</b>	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 (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
<b>Bun, WG</b>	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 and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).	X		X				
<b>Cornbread</b>	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			
<b>English Muffin, Honey Wheat</b>	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			
<b>English Muffin, GF/DF/EF</b>	Organic brown rice flour, filtered water, organic tapioca flour, potato starch, fresh yeast, organic flax seeds, organic chia seeds, organic sesame seeds, organic sunflower seeds, sea salt, vegetable gum (xanthan, cellulose)							X
<b>English Muffin, WG</b>	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			
<b>Hamburger Bun, GF/DF/EF</b>	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							

PreK Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Hamburger Bun, WG	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				
Pancake, WG	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			
Pita Bread	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, WG	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				
Roll, WG	water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, roblfavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: dalt, dough conditioners (calcium stearoyl lactylate, mono & diglycerides, DATEM, ascorbic acid, L-cystein hydrochloride, calcium perodixe, enzymes), Yeast Nutrients (calcium sulfate, mono calcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
Saltine Crackers, WG	Whole Grain Wheat Flour, Bleached and Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Soybean Oil, Palm Oil, Refiner's Syrup, Baking Soda, Sea Salt, Salt, Malted Barley Flour, Yeast	X		X				
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, WG	Whole Wheat Flour, Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).	X		X				
Waffle, GF/DF/EF	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						

PreK Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Waffle, WG	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			
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