

*Sides may change based on freshness and availability

summer lunch menu } june 2019 july 2019 august 2019

monday	tuesday	wednesday	thursday	friday
June 3, 2019 Roasted Turkey w/ Gravy <i>Tofurkey w/ Gravy</i> Rice Pilaf Green Beans Apple Slices	June 4, 2019 Lemon Chicken <i>Lemon Tofu</i> WG Bread Roasted Potatoes Cantaloupe	June 5, 2019 Ravioli with Marinara Broccoli Pear Slices	June 6, 2019 Turkey Sloppy Joe <i>Boca Sloppy Joe</i> WG Bun Glazed Carrots Honeydew or Watermelon	June 7, 2019 Southwest Veggie Burger WG Bun Cold Peas Orange Slices
June 10, 2019 Sweet & Sour Chicken <i>Sweet & Sour Tofu</i> Brown Rice Green Beans Honeydew	June 11, 2019 Penne Pasta Marinara w/ Mozzarella Cheese Cold Peas Cantaloupe or Watermelon	June 12, 2019 Meatloaf <i>Veggie Meatballs</i> WG Bread Glazed Carrots Fruit Salad	June 13, 2019 Pizza Muffins with Marinara Broccoli Pineapple	June 14, 2019 Chicken Nuggets <i>Veggie Nuggets</i> Whole Grain Bread Green Beans Orange Slices
June 17, 2019 Beef Taco <i>Boca Taco</i> Flour Taco Refried Beans Apple Slices	June 18, 2019 Creamy Mac n Cheese Cucumbers Cantaloupe	June 19, 2019 Veggie Lo Mein w/ Scrambled Eggs Broccoli Fruit Salad	June 20, 2019 BBQ Chicken Breast <i>BBQ Tofu</i> WG Roll Roasted Potatoes Honeydew	June 21, 2019 Tortellini w/ Marinara Green Beans Orange Slices
June 24, 2019 Hawaiian Chicken <i>Hawaiian Tofu</i> Brown Rice Glazed Carrots Honeydew	June 25, 2019 Mediterranean Meatballs Pita Cucumber Slices Applesauce	June 26, 2019 Rotini Pasta w/ Tomato Cream Sauce and Mozzarella Cheese Broccoli Pear Slices	June 27, 2019 Fish Tenders <i>Veggie Nuggets</i> WG Pullman Cold Peas Apple Slices	June 28, 2019 Beef Burger <i>Southwest Veggie Burger</i> WG Bun Roasted Sweet Potatoes Orange Slices



nut free kitchen!
scratch cooking

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summer gfdf lunch menu }

june 2019
july 2019
august 2019

monday	tuesday	wednesday	thursday	friday
June 3, 2019 Roasted Turkey w/ Gravy Brown Rice Green Beans Apple Slices	June 4, 2019 Lemon Chicken GF Bread Roasted Potatoes Cantaloupe	June 5, 2019 GFDF Turkey Bolognese Broccoli Pear Slices	June 6, 2019 Turkey Sloppy Joe GF Bun Glazed Carrots Honeydew or Watermelon	June 7, 2019 Beef Burger GF Bun Cold Peas Orange Slices
June 10, 2019 Sweet & Sour Chicken Brown Rice Green Beans Honeydew	June 11, 2019 GF Penne Marinara w/ DF Cheese Cold Peas Cantaloupe or Watermelon	June 12, 2019 GF/DF Meatloaf GF Bread Glazed Carrots Fruit Salad	June 13, 2019 GFDF Turkey Bolognese Broccoli Pineapple	June 14, 2019 Grilled Chicken GF Bread Green Beans Orange Slices
June 17, 2019 Beef Taco Corn Totrilla Refried Beans Apple Slices	June 18, 2019 GFDF Mac n Cheese Cucumbers Cantaloupe	June 19, 2019 GFDF Veggie Lo Mein w/ Tofu Broccoli Fruit Salad	June 20, 2019 BBQ Chicken Breast GF Roll Roasted Potatoes Honeydew	June 21, 2019 GFDF Turkey Bolognese Green Beans Orange Slices
June 24, 2019 Hawaiian Chicken Brown Rice Glazed Carrots Honeydew	June 25, 2019 GFDF Turkey Meatballs w/ Marinara Sauce GF Bun Cucumber Slices Applesauce	June 26, 2019 GFDF Pasta Marinara w/ DF Cheese Broccoli Pear Slices	June 27, 2019 Grilled Catfish GF Bread Cold Peas Apple Slices	June 28, 2019 Beef Burger GF Bun Roasted Sweet Potatoes Orange Slices

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scratch cooking



Lunch Ingredient List		Allergens						
	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 (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			
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			
Burrito, Los Cabos	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			
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)							

Lunch Ingredient List		Allergens						
	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 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			
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	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	

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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 Chicken	Antibiotic Free Chicken Breast. 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						
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						
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 (Rotini) with Tomato Cream Sauce	Rotini 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			

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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			
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)							
Southwest Veggie Burger	Hydrated Textured Soy Protein (Water, Soy Protein, 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. Pre cooked in Expeller Pressed Canola Oil. Served on a whole grain hamburger bun (see bread ingredients)	X		X				
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				

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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 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, 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 Bolognese	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.							
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)							
Turkey Swiss Sandwich	Deli Turkey Breast (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate); Swiss Cheese (cultured pasteurized milk, salt, enzymes); Whole Grain Hamburger Bun (water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate))	X		X	X			
Veggie Lo Mein	Spaghetti (whole grain durham wheat flour); Scrambled Eggs (whole eggs, citric acid, water); Diced Carrots; Sauce (canola oil, raw garlic, ginger powder, hot sauce [aged cayenne red peppers, distilled vinegar, water, salt, garlic powder], water, dark brown sugar, toasted sesame oil [expeller pressed unrefined toasted sesame oil], liquid soy aminos [Non-GMO soybeans and purified water])	X	X (spaghetti contains egg whites)	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			

GF/DF/EF 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 Burger	Grass-fed beef, salt, pepper. Served on a gluten free hamburger bun (See Bread Ingredients).							
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						
Dairy Free Mozzarella Cheese	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)							

GF/DF/EF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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))							
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 chlorolide)							
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 Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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.							
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, roboflavin (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						
GF/DF/EF Veggie Lo Mein	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Diced Carrots, Diced Tofu (Non-gmo soybeans, water, calcium sulfate), Sauce (canola oil, raw garlic, raw ginger root, sriracha [chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, & xantahn gum], toasted sesame oil [expeller pressed unrefined toasted sesame oil], liquid soy aminos [Non-GMO soybeans and purified water])	X						X
Grilled Chicken/Grilled Chicken Strips	Antibiotic-free chicken, canola oil, salt, pepper							
Hawaiian Chicken	Antibiotic-free chicken breast, 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						
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)							
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)							

GF/DF/EF Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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						
Roasted Turkey With 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 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)							
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)							
GF/DF/EF Turkey Sandwich	Deli Turkey Breast (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate); 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)							

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.

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							
Pickle, Chip	Fresh cucumbers, water, salt, vinegar, contains less than 2% of lactic acid, sodium benzoate (a preservative), natural flavors, polysorbate 80, tumeric extract (color)							
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						

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Glazed Carrots	Carrots, Canola Oil, Brown Sugar.							
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, chipotle honey vinaigrette (red wine vinegar, honey, salt, chipotle salsa, cumin, garlic powder, black pepper, canola oil, mustard powder, lime juice)							
	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							
Craisins, Strawberry	Cranberries, sugar, natural strawberry flavor with other natural flavors, citric acid, sunflower oil, elderberry juice concentrate (color)							
Fruit Salad	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple, Strawberries, Blueberries							
Honeydew	Honeydew melon							
Orange Slices	Oranges							
Pear Slices	Pears, Calcium Ascorbate							
Pearsauce	Raw pears, water, sugar							
Pineapple	Pineapple							
Raisins	California sun dried raisins							
Watermelon	Watermelon							
	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Brown Rice	Whole grain parboiled brown rice							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Chipotle Ranch Packet	Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified FoodStarch, Contains 2% or less of Buttermilk*, Natural Flavors, Potassium Chloride, Salt, Chipotle Pepper, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor	X	X		X			
Hummus	Garbanzo beans, tahini (pure ground sesame seeds), raw garlic, lemon juice, canola oil, ground cumin, sea salt, water							X
Jelly, Grape	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic canse sugar, apple pectin, acsorbic acid, citric acid							
Jelly Packet, Grape	Concord Grapes, Sugar, Fruit Pectin, Citric Acid							
Ketchup	Tomato concentrate from red ripe tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring							
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 an d 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 posphate, 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							
Syrup	Invert sugar, water, contains 2% or less of: molasses, natural flavors, sea salt							
Quinoa	Quinoa, Canola Oil							
Tajin Packet, Low Sodium	Chili Peppers, Salt, Dehydrated Lime Juice, Potassium Chloride, Silicon Dioxide (to Prevent Caking).							

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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				
Kid Bun	Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Contains 2% or less of the following: Wheat Gluten, Soybean Oil, Salt, Cultured Wheat Flour, Monocalcium Phosphate, Sodium Stearoyl Lactylate, Monoglycerides, Flaxseed, Maltodextrin, Wheat Starch, DATEM, Calcium Sulfate.	X		X				
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
Whole Grain Pita	Whole grain pita: (whole grain wheat flour, water, canola oil, yeast, cultured wheat flour, salt, wheat gluten, wheat starch, ascorbic acid).							
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 stearyl 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 stearyl 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				

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