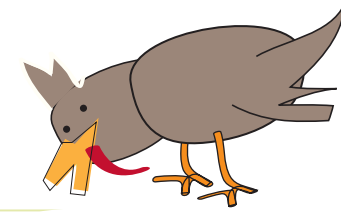
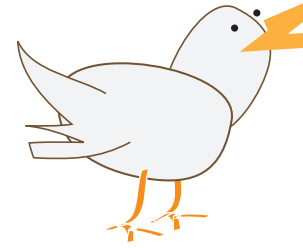


breakfast menu

DECEMBER 2019



monday	tuesday	wednesday	thursday	friday
December 2, 2019 Apple Bread Fruit	December 3, 2019 WG Bagel Fruit	December 4, 2019 Granola Bar Fruit	December 5, 2019 Scrambled Eggs Fruit	December 6, 2019 Cereal Appleberry Sauce
December 9, 2019 WG waffle Fruit	December 10, 2019 WG Bagel Fruit	December 11, 2019 Breakfast Sandwich Fruit	December 12, 2019 Blueberry Bread Fruit	December 13, 2019 Heritage O's Applesauce
December 16, 2019 Pumpkin Muffin Fruit	December 17, 2019 WG Bagel Fruit	December 18, 2019 Strawberry Yogurt Fruit	December 19, 2019 Breakfast Burrito Fruit	December 20, 2019 Koala Crisps Apple Slices
December 23, 2019 Bannana Bread Apple Berry Sauce	December 24, 2019 WG Bagel Fruit	December 25, 2019 Cinnamon Sugar Oatmeal Fruit	December 26, 2019 WG Pancake Fruit	December 27, 2019 Heritage O's Fruit
December 30, 2019 Apple Bread Fruit	December 31, 2019 WG Bagel Fruit			

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bread	Whole wheat flour, enriched all purpose flour, unsalted butter (cream, natural flavorings), white sugar, dark brown sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), baking soda, sea salt, ground cinnamon, baking powder, unsweetened applesauce (apples, water, erythorbic acid (to maintain color)) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Apple Oat Granola Bar	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
Appleberry Muffin	Whole wheat flour, enriched all purpose flour, unsalted butter (cream, natural flavorings), white sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), baking soda, sea salt, sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), baking powder, vanilla extract, frozen cranberries, unsweetened applesauce (apples, water, ascorbic acid added to maintain color) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Banana Bread/Muffin	Whole wheat flour, enriched all purpose flour, bananas, plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), evaporated cane sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), butter, baking soda, salt Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Blueberry Muffin/Bread	Whole wheat flour, enriched all purpose flour, sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), blueberries, butter, sugar, baking soda, baking powder, salt, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, itric acid added to preserve color) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Breakfast Burrito	Tortilla (see bread ingredients) Scrambled eggs (liquid whole eggs, pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)) Mild shredded cheddar cheese (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent)) Salsa (diced tomatoes, onion, cilantro, lime juice, sea salt)	X	X	X (tortilla)	X			
Breakfast Burrito, Los Cabos	Filling (pre-cooked scrambled eggs (wwhole eggs, skim milk, soybean oil, corn starch, salt, xanthan gum, citric acid), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, may contain annatto color), diced potato (potatoes, sodium acid pyro phosphate (to maintain color)), cooked sausage crumbles (made with turkey) [ground turkey thigh meat, mechanically separated turkey, water, soy protein concentrate, salt, spices, dextrose, flavoring, sugar, disodium inosinate and disodium guanylate], water, green chile puree (green chile peppers, water, citric acid), red sauce seasoning (modified corn starch, paprika, spices, onion & garlic powder, tomato, dextrose, sugar, autolyzed yeast extract, extractive of paprika, guar gum, citric acid, malic acid, xanthan gum, ascorbic acid, disodium inosinate & guanylate, less than 2% silicon dioxide to prevent caking), modified food starch (refined from corn), vinegar, salt, flavorings) 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	X			

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Carrot Muffin/Bread	Whole wheat flour, quick rolled oats, carrots, vanilla extract, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), dark brown sugar, canola oil, sea salt, nutmeg, cinnamon, baking soda, white sugar Pan spray (100% expeller pressed Non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X				
Cereal, Heart-to-Heart, Kashi	Organic whole oat flour, organic degerminated yellow cornmeal, organic invert cane syrup, organic oat fiber, organic honey, salt, organic expeller pressed canola oil, natural flavor, mixed tocopherols (vitamin E for freshness)			X				
Cereal, Heritage O's	Whole oat flour*, whole wheat meal*, Kamut® Khorasan wheat flour*, evaporated cane juice*, spelt flour*, barley flour*, barley malt extract*, quinoa flour*, millet flour*, sea salt, honey* <i>*organic</i>			X				
Cereal, Koala Crisps	Organic brown rice flour, cane sugar, organic cocoa, natural chocolate flavor, sea salt, organic molasses **produced in a facility that uses peanuts, tree nuts, and soy	X						
Cereal, Rice Chex	Whole grain rice, rice, sugar, salt, molasses, vitamin E (mixed tocopherols) added to preserve freshness, vitamins and minerals: calcium carbonate, iron, zinc (mineral nutrients), vitamin C (sodium ascorbate), B vitamin (niacinamide), vitamin B6 (pyridoxinehydrochloride), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), vitamin B2 (riboflavin), B vitamin (folic acid), vitamin B12, vitamin D3							
Cheesy Omelet	Liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color) Mild cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X		X			
Cinnamon Brown Sugar Oatmeal	Quick oats (may contain gluten), cinnamon, brown sugar, cane sugar			X				
Compote, Apple Cinnamon	Chunky applesauce (apples, sugar, water, ascorbic acid (vitamin C) added to maintain color), brown sugar, cinnamon							
Compote, Strawberry	Unsweetened frozen strawberries, white granulated sugar							
Cream Cheese	Pasteurized milk and cream, pasteurized skim milk, cheese culture, sodium citrate, salt, guar gum, modified food starch, carob bean gum, xanthan gum, natural flavor, vitamin A palmitate, enzymes				X			
English Muffin, Honey Wheat	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural & artificial flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, non-fat milk	X		X	X			
French Toast Casserole	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) Liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, white sugar, vanilla extract, ground cinnamon, dark brown sugar	X	X	X	X			
Granola	Rolled oats (may contain gluten), raisins, butter, honey dark brown sugar			X	X			
Granola Bar	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
GrowYo - Peach	Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live & active cultures including L. Acidophilus & Bifidus				X			
GrowYo - Plain	Non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures: L Acidophilus & Bifidus				X			
GrowYo - Strawberry	Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophilus & Bifidus				X			

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
GrowYo - Vanilla	Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live & active cultures: L. Acidophilus & Bifidus				X			
Pumpkin Muffin	Whole wheat flour, enriched all purpose flour, dark brown sugar, baking soda, baking powder, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), canola oil, vanilla extract, pumpkin pie paste, salt, cinnamon Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X				
Scrambled Eggs	Liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color) Pan spray (100% expeller pressed non-GMO Canola Oil, non-GMO sunflower lecithin, propellant)	X	X					
Turkey Ham & Cheese Breakfast Sandwich	Biscuit (whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), matodextrin, contains less than 2% of water, potassium chloride, sugar, modified conrstarch, soybean oil, artifical flavor, salt, datem, soy lecithin) Turkey ham (turkey thigh meat, water, contains 2% or less of dextrose, salt, sodium phosphate, sodium erythorbate, sodium nitrate, smoke flavoring) Mild cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color)	X		X	X			
Whole Grain Pancake	Whole wheat flour, 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, salt, soy lecithin	X	X	X	X			
Whole Grain Waffle	Whole wheat flour, buttermilk, soybean and/or canola oil, sugar, whey, less than 2% of: leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, soy lecithin, natural and artificial flavors (including milk), corn syrup solids, caramel color	X		X	X			
Whole Grain Bagel	White whole wheat flour, water, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), brown sugar, contains 2% or less of each of the following: vital wheat gluten, salt, yeast, malted wheat flour, white vinegar, hydrolyzed wheat gluten, canola oil, ascorbic acid (vitamin C), enzymes, calcium sulfate			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.

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bread	Whole wheat flour, enriched all purpose flour, unsalted butter (cream, natural flavorings), white sugar, dark brown sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), baking soda, sea salt, ground cinnamon, baking powder, unsweetened applesauce (apples, water, erythorbic acid (to maintain color)) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Apple Oat Granola Bar	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
Appleberry Muffin	Whole wheat flour, enriched all purpose flour, unsalted butter (cream, natural flavorings), white sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), baking soda, sea salt, sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), baking powder, vanilla extract, frozen cranberries, unsweetened applesauce (apples, water, ascorbic acid added to maintain color) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Banana Bread/Muffin	Whole wheat flour, enriched all purpose flour, bananas, plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), evaporated cane sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), butter, baking soda, salt Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Blueberry Muffin/Bread	Whole wheat flour, enriched all purpose flour, sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), blueberries, butter, sugar, baking soda, baking powder, salt, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, itric acid added to preserve color) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X	X			
Breakfast Burrito	Tortilla (see bread ingredients) Scrambled eggs (liquid whole eggs, pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)) Mild shredded cheddar cheese (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent)) Salsa (diced tomatoes, onion, cilantro, lime juice, sea salt)	X	X	X (tortilla)	X			
Breakfast Burrito, Los Cabos	Filling (pre-cooked scrambled eggs (wwhole eggs, skim milk, soybean oil, corn starch, salt, xanthan gum, citric acid), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, may contain annatto color), diced potato (potatoes, sodium acid pyro phosphate (to maintain color)), cooked sausage crumbles (made with turkey) [ground turkey thigh meat, mechanically separated turkey, water, soy protein concentrate, salt, spices, dextrose, flavoring, sugar, disodium inosinate and disodium guanylate], water, green chile puree (green chile peppers, water, citric acid), red sauce seasoning (modified corn starch, paprika, spices, onion & garlic powder, tomato, dextrose, sugar, autolyzed yeast extract, extractive of paprika, guar gum, citric acid, malic acid, xanthan gum, ascorbic acid, disodium inosinate & guanylate, less than 2% silicon dioxide to prevent caking), modified food starch (refined from corn), vinegar, salt, flavorings) 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	X			

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Carrot Muffin/Bread	Whole wheat flour, quick rolled oats, carrots, vanilla extract, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), dark brown sugar, canola oil, sea salt, nutmeg, cinnamon, baking soda, white sugar Pan spray (100% expeller pressed Non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X				
Cereal, Heart-to-Heart, Kashi	Organic whole oat flour, organic degerminated yellow cornmeal, organic invert cane syrup, organic oat fiber, organic honey, salt, organic expeller pressed canola oil, natural flavor, mixed tocopherols (vitamin E for freshness)			X				
Cereal, Heritage O's	Whole oat flour*, whole wheat meal*, Kamut® Khorasan wheat flour*, evaporated cane juice*, spelt flour*, barley flour*, barley malt extract*, quinoa flour*, millet flour*, sea salt, honey* <i>*organic</i>			X				
Cereal, Koala Crisps	Organic brown rice flour, cane sugar, organic cocoa, natural chocolate flavor, sea salt, organic molasses **produced in a facility that uses peanuts, tree nuts, and soy	X						
Cereal, Rice Chex	Whole grain rice, rice, sugar, salt, molasses, vitamin E (mixed tocopherols) added to preserve freshness, vitamins and minerals: calcium carbonate, iron, zinc (mineral nutrients), vitamin C (sodium ascorbate), B vitamin (niacinamide), vitamin B6 (pyridoxinehydrochloride), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), vitamin B2 (riboflavin), B vitamin (folic acid), vitamin B12, vitamin D3							
Cheesy Omelet	Liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color) Mild cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color) Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X		X			
Cinnamon Brown Sugar Oatmeal	Quick oats (may contain gluten), cinnamon, brown sugar, cane sugar			X				
Compote, Apple Cinnamon	Chunky applesauce (apples, sugar, water, ascorbic acid (vitamin C) added to maintain color), brown sugar, cinnamon							
Compote, Strawberry	Unsweetened frozen strawberries, white granulated sugar							
Cream Cheese	Pasteurized milk and cream, pasteurized skim milk, cheese culture, sodium citrate, salt, guar gum, modified food starch, carob bean gum, xanthan gum, natural flavor, vitamin A palmitate, enzymes				X			
English Muffin, Honey Wheat	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural & artificial flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, non-fat milk	X		X	X			
French Toast Casserole	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) Liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, white sugar, vanilla extract, ground cinnamon, dark brown sugar	X	X	X	X			
Granola	Rolled oats (may contain gluten), raisins, butter, honey dark brown sugar			X	X			
Granola Bar	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
GrowYo - Peach	Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live & active cultures including L. Acidophilus & Bifidus				X			
GrowYo - Plain	Non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures: L Acidophilus & Bifidus				X			
GrowYo - Strawberry	Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophilus & Bifidus				X			

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
GrowYo - Vanilla	Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live & active cultures: L. Acidophilus & Bifidus				X			
Pumpkin Muffin	Whole wheat flour, enriched all purpose flour, dark brown sugar, baking soda, baking powder, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), canola oil, vanilla extract, pumpkin pie paste, salt, cinnamon Pan spray (100% expeller pressed non-GMO canola oil, non-GMO sunflower lecithin, propellant)	X	X	X				
Scrambled Eggs	Liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color) Pan spray (100% expeller pressed non-GMO Canola Oil, non-GMO sunflower lecithin, propellant)	X	X					
Turkey Ham & Cheese Breakfast Sandwich	Biscuit (whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), matodextrin, contains less than 2% of water, potassium chloride, sugar, modified conrstarch, soybean oil, artifical flavor, salt, datem, soy lecithin) Turkey ham (turkey thigh meat, water, contains 2% or less of dextrose, salt, sodium phosphate, sodium erythorbate, sodium nitrate, smoke flavoring) Mild cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color)	X		X	X			
Whole Grain Pancake	Whole wheat flour, 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, salt, soy lecithin	X	X	X	X			
Whole Grain Waffle	Whole wheat flour, buttermilk, soybean and/or canola oil, sugar, whey, less than 2% of: leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, soy lecithin, natural and artificial flavors (including milk), corn syrup solids, caramel color	X		X	X			
Whole Grain Bagel	White whole wheat flour, water, enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), brown sugar, contains 2% or less of each of the following: vital wheat gluten, salt, yeast, malted wheat flour, white vinegar, hydrolyzed wheat gluten, canola oil, ascorbic acid (vitamin C), enzymes, calcium sulfate			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.