

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Baby Carrots	Carrots							
Baked Beans	Water, Prepared Beans, Tomato Paste, Brown Sugar, Sugar, Salt, Distilled Vinegar, Modified Corn Starch, Spice, Mustard Seed, Mustard Bran, Onion Powder, Garlic Powder, Paprika, Turmeric.							
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							

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Potato Fries	Potatoes, Vegetable Oil (soybean, canola, corn, cottonseed, and/or sunflower), contains 2% or less of: dextrose, disodium dihydrogen pyrophosphate (to maintain natural color).	X						
Glazed Carrots	Carrots, Canola Oil, Brown Sugar.							
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							
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Brown Rice	Whole grain parboiled brown rice							

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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			
Rice Pilaf	Long grain parboiled rice enriched with iron (ferric orthophosphate), thiamin (thiamine mononitrate) and folate (folic acid); orzo (durum wheat semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid); hydrolyzed soy/wheat protein; maltodextrin; salt; sugar; brown sugar; corn cyrup solids; spices; dried vegetables (onion, garlic); molasses; sunflower oil; tumeric (color); natural flavor; dried soy sauce (soybeans, wheat); tamarind	X		X				
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, cilantro, lime juice, salt							
Sour Cream (Bulk)	Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes				X			
Sour Cream (Packet)	Grade A Cultured Cream				X			
Sumac Sauce	Sour cream (Cultured Grade A Non-Homogenized Pasteurized Milk, Grade A Pasteurized Cream, Milk Protein Concentrate, Enzymes), Greek Yogurt (Cultured Pasteurized Grade A Nonfat Milk), 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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<p>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.</p>								