

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)							

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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						

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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	Beef, water, contains less than 2% of the following: sea salt, natural flavorings, sugar, vinegar, cherry powder, extract of paprika. 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)							
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						

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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.