

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Biscuit, Whole Grain	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			
Bread, Whole Grain	Enriched (Wheat Flour), Water, Whole Wheat Flour, Natural Starter, Canola Oil, Potato Flour, Sugar, Sea Salt, Yeast, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
Bread, Gluten Free	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							
Cornbread	Whole grain cornmeal, whole wheat flour, sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, canola oil, baking powder, salt		X	X	X			
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 flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, non-fat milk	X		X	X			
English Muffin, Whole Grain	Whole wheat flour, water, farina, wheat gluten, yeast, salt, perservatives (calcium propionate, sorbic acid), sugar, grain vinegar, sodium stearoyl lactylate, natural flavor (contains milk), mono- and diglycerides, ethoxylated mono- and diglycerides, soy lecithin, soy, sucralose, whey	X		X	X			
Hamburger Bun, Whole Grain	Enriched (Wheat Flour), Water, Whole Wheat Flour, Natural Starter, Canola Oil, Potato Flour, Sugar, Sea Salt, Yeast, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
Hamburger Bun, Gluten Free	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							
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				

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Pita Bread, Flour	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate	X		X				
Pita Bread, Whole Grain	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
Pita, Whole Grain, Pizza	Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), canola oil, sugar, salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cultured wheat, calcium propionate			X				
Pizza Dough, Whole Grain	Enriched (Wheat Flour), Water, Whole Wheat Flour, Natural Starter, Canola Oil, Potato Flour, Sugar, Sea Salt, Yeast, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
Roll, Whole Grain	Enriched (Wheat Flour), Water, Whole Wheat Flour, Natural Starter, Canola Oil, Potato Flour, Sugar, Sea Salt, Yeast, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
Tortilla, Corn	Corn, water, and lime (calcium hydroxide)							
Tortilla, Flour	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				
Tortilla, Whole Grain	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				
Waffle, Gluten Free	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						
Waffle, Whole Grain	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			

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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.