

Gluten Free Dairy Free Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Adobo Chicken</b>	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Adobo sauce</b> ((organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)) Served with a corn tortilla ( <b>see bread ingredients</b> )							
<b>Asian BBQ Chicken</b>	<b>Antibiotic free-chicken thigh</b> , canola oil, salt <b>Asian BBQ sauce</b> ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, aminos soy sauce (non-GMO soybeans & purified water), canola oil, xanthan gum powder, dry ginger, chinese five spice))	X						
<b>GF/DF/EF Asian Meatballs</b>	<b>Asian Meatball</b> - (Antibiotic free ground turkey, Hoisin Sauce (Dark brown sugar, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents)), salt).	X						
<b>BBQ Chicken</b>	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>BBQ sauce</b> (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))							
<b>Beef Burger</b>	<b>Ground beef</b> , salt Served on a gluten-free hamburger bun ( <b>see bread ingredients</b> )							
<b>GF/DF/EF Beef Kofta Bites</b>	<b>GF/DF/EF Beef Kofta</b> - Ground beef, onion, garlic, salt, cilantro, mint, red chili pepper, cumin, black pepper.							
<b>Beef Sloppy Joe</b>	<b>Ground beef</b> <b>Sloppy joe sauce</b> ((red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic))							
<b>Beef Taco</b>	<b>Ground beef</b> <b>Dry taco seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
<b>Catfish</b>	<b>Catfish</b> , salt, canola oil					X		
<b>Chicken (not so) Fried Rice</b>	<b>Antibiotic free-chicken thigh</b> , brown rice, peas & carrots <b>Sauce</b> (vegetable base, water, rice vinegar, soy sauce aminos, garlic, ginger, sugar, sesame oil)	X						X
<b>Chicken Teriyaki</b>	<b>Antibiotic free-chicken thigh</b> , canola oil, salt <b>Teriyaki sauce</b> (water, aminos soy sauce (non-GMO soybeans and purified water), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						
<b>Chipotle Lime Chicken</b>	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Chipotle lime sauce</b> (honey, lime juice, aminos soy sauce, canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic))	X						
<b>Dairy Free Mozzarella Cheese</b>	<b>Dairy-free mozzarella cheese</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking)							
<b>GF/DF/EF Mac n Cheese</b>	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Sauce</b> (vegan cheddar cheese: filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO, <b>Soy milk</b> (water, organic soybeans)	X						

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GF/DF/EF Pasta Marinara	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Marinara</b> **See marinara ingredients <b>Dairy-free mozzarella cheese</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking)	X						
GF/DF/EF Apple Chicken Curry	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Apple curry sauce</b> ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, 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), canola oil, celery, raw garlic, curry powder (spices, tumeric, and celery), ground cinnamon, ground cumin))							
GF/DF/EF Bean & Cheese Tamale	<b>Black beans</b> <b>Dairy-free cheese</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO), canola oil, dry corn masa, sea salt, baking powder, water							
GF/DF/EF Buffalo Chicken Sandwich	<b>Antibiotic free-chicken breast</b> , canola oil, sea salt <b>Buffalo sauce</b> (raw garlic, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder) Served on a gluten-free hamburger bun ( <b>see bread ingredients</b> )							
GF/DF/EF Cheese Tamale	<b>Dairy-free cheese</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO), canola oil, dry corn masa, sea salt, baking powder, water							
GF/DF/EF Mediterranean Meatballs	<b>Antibiotic-free ground turkey</b> , green onions, raw garlic, sea salt, raw mint, raw cilantro, ground cumin, red chili pepper, ground black pepper							
GF/DF/EF Pizza	<b>Pizza crust</b> (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) <b>Dairy-free cheddar</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking)	X						
GF/DF/EF Turkey Meatballs Marinara	<b>Meatballs</b> (antibiotic-free turkey, salt) <b>Marinara</b> **See marinara ingredients							
GF/DF/EF Turkey Meatloaf	<b>Antibiotic-free ground turkey</b> , 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), onion powder, mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), pure honey, sea salt, garlic powder							
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						
Grilled Chicken/Grilled Chicken Strips	<b>Antibiotic-free chicken</b> , canola oil, salt, pepper							

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Hawaiian Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, sea salt <b>Hawaiian glaze</b> (pineapple, white sugar, 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) canola oil, cornstarch, dry ginger)	X						
Hawaiian Turkey	<b>Roasted turkey</b> (up to 15% of a flavoring solution of turkey broth, contains less than 2% of: salt, sugar, sodium, potassium phosphate) <b>Hawaiian glaze</b> (pineapple, white sugar, 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) canola oil, cornstarch, dry ginger)	X						
Kung Pao Chicken	<b>Antibiotic-free Chicken Breast</b> , canola oil, salt. <b>Kung Pao Sauce</b> - (liquid aminos soy sauce, water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger)	X						X
Lemon Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Lemon sauce</b> ((raw onion, 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), garlic, honey, apple juice (apple juice concentrate, ascorbic acid (vitamin c), lemon juice, canola oil, water, mustard powder, white sugar, dry parsley, cornstarch, apple cider vinegar, dried thyme, sea salt))							
Orange Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Orange sauce</b> ((water, orange jam (sugar, orange juice from concentrate 27%, water, apple pectin, citric acid, color foods (concentrates of carrot, black currant, safflower and lemon), natural flavor, sodium citrate, potassium sorbate, sunflower oil, calcium citrate, polyphosphates), apple cider vinegar, lemon juice, aminos soy sauce (non-GMO soybeans & purified water), orange juice, xanthan gum powder, raw garlic, ground ginger, sea salt))	X						
Roasted Turkey With Gravy	<b>Raised without antibiotics Golden Legacy Roasted Turkey Breast</b> with up to 10% of natural flavoring solution of Water and Sea Salt. <b>Gravy</b> (water, raw onion, carrots, raw garlic, soy aminos (non-GMO soybeans and purified water), miso paste (water, soybeans, rice, 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], xanthan gum, white rice flour, canola oil)	X						
Sweet & Sour Chicken	<b>Antibiotic free-chicken thigh</b> , canola oil, sea salt <b>Sweet &amp; sour sauce</b> (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt)							
Three Bean Chili	Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Black Beans, Kidney Beans, Great Northern Beans, Onion, Green Peppers, Organic Ketchup [Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor]], Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Dark Brown Sugar, Garlic Powder, Ground Red Chili Pepper, Cinnamon, Sea Salt							
Turkey Bolognese on GF Pasta	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Bolognese sauce</b> (antibiotic-free turkey, 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	<b>Antibiotic-free ground turkey</b> Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							

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<b>Turkey Sloppy Joe</b>	<b>Antibiotic-free ground turkey</b> <b>Sloppy joe sauce</b> (red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) Served on a gluten free hamburger bun <b>(see bread ingredients)</b>							
<b>Turkey Tacos</b>	<b>Antibiotic-free ground turkey</b> <b>Taco seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a corn tortilla <b>(see bread ingredients)</b>							
<b>Veggie Tamale</b>	MASA INGREDIENTS: Cooked Stone Ground Corn, Shortening (Palm Oil, Soy Oil, Canola Oil and Topopherol (added as an antioxidant)), Water, Cultured Dextrose, Bisulfate of Soda, Spinach and Lime (Processing Agent). FILLING INGREDIENTS: Refried Pinto Beans, Zucchini, Red Bell Pepper, Salsa Verde (Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, and Garlic.)	X						
<b>GF/DF/EF Turkey Sandwich</b>	<b>Raised without antibiotics turkey breast</b> (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) <b>Gluten-free bread</b> (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.