

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Chicken	Antibiotic-free chicken breast , canola oil, salt Adobo Sauce ((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 flour tortilla (see bread ingredients)							
Apple Chicken Curry	Antibiotic-free chicken breast , canola oil, salt Apple Curry Sauce ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, unsalted butter (cream, natural flavorings), 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))				X			
Asian BBQ Chicken	Antibiotic free-chicken thigh Asian BBQ Sauce ((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						
Asian Meatballs	Asian Meatball - (Antibiotic free ground turkey, bread crumbs, Hoisin Sauce (Dark brown sugar, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents)), garlic, ginger).	X		X				
Baked Ziti	Penne Pasta , Marinara Sauce , Baked Ziti Cheese Sauce (Mozzarella cheese, ricotta cheese, half & half, parmesan cheese) *See Marinara Ingredients			X	X			
BBQ Chicken	Antibiotic-free chicken breast , canola oil, salt 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	Ground beef , salt Served on whole grain hamburger bun (see bread ingredients)							
Beef Kofta Bites	Ground beef, onions, panko bread crumbs, garlic, sea salt, eggs, mint, cilantro, cumin, black pepper		X	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 ((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 whole grain hamburger bun (see bread ingredients)							
Beef Tacos	Ground Beef Dry Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a flour tortilla (see bread ingredients)							
Burrito, Turkey	Tortilla (see bread ingredients) Scrambled eggs & Turkey Crumbles whole eggs, abf ground turkey, seasoning, citric acid 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	X			
Chicken (not so) Fried Rice	Antibiotic-free chicken thigh , Brown Rice , Peas & Carrots Sauce (vegetable base, water, rice vinegar, soy sauce aminos, garlic, ginger, sugar, sesame oil)	X						X
Chicken Nuggets	Antibiotic-free chicken breast , water, salt, unbleached wheat flour, water, salt, evaporated cane juice, dried yeast, spices, paprika **soybean oil to set breading	X		X				

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Chicken Teriyaki	Antibiotic free-chicken breast , canola oil, salt Teriyaki Sauce (water, aminos soy sauce (non-GMO soybeans and purified water), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						
Chipotle Lime Chicken	Antibiotic free-chicken breast , canola oil, salt Chipotle Lime Sauce (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						
Fish Tenders	Marine stewardship council certified Alaska pollock , whole wheat flour, vegetable oil [soybean and/or canola], enriched wheat flour [flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, contains 2% or less of: yellow corn flour, wheat gluten, salt, sugar, iodized salt, yeast, whole yellow corn flour, soy flour, dextrose, leavening [baking soda, sodium aluminum phosphate], mono and diglycerides, extractives of paprika, spice extract, spice	X		X		X		
French Toast	Whole Grain Bread (Whole Wheat Flour, 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 (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Eggs, Whole Milk, Sugar, Vanilla Extract, Ground Cinnamon	X	X	X	X			
Hawaiian Chicken	Antibiotic free-chicken breast , canola oil, salt Hawaiian Glaze (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	Raised without antibiotics Golden Legacy Roasted Turkey Breast with up to 10% of natural flavoring solution of Water and Sea Salt. Hawaiian Glaze (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	Antibiotic-free Chicken Breast , canola oil, salt. Kung Pao Sauce- (liquid aminos soy sauce, water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger	X						X
Lasagna Roll Up	Enriched Semolina (Durum Wheat Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, and Egg White, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt (salt, calcium silicate [an anticaking agent]), Black Pepper.		X	X	X			
Lemon Chicken	Antibiotic free-chicken breast , canola oil, salt Lemon Sauce ((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))							

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Mac 'n Cheese	Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Cheese Sauce ((american cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt))			X	X			
Marinara Sauce	Muir Glenn organic tomatoes, (Muir Glenn organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice), sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt							
Mediterranean Meatballs	Raised without antibiotics ground turkey, eggs, fresh mint, fresh cilantro, fresh garlic, ground Cumin, sea salt, ground black pepper, fresh green onions, whole grain bread crumbs wheat flour, dextrose, yeast, salt)		X	X				
Orange Chicken	Antibiotic free-chicken breast , canola oil, salt Orange Sauce ((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						
Pasta (Rotini, Farfalle, Penne) with Tomato Cream Sauce	Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Tomato Cream Sauce ((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, oregano, basil, sugar, salt, grated parmesan cheese (italian parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate)) Served w/ Mozzarella Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Pasta Marinara w/ Mozzarella	Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Marinara**See Marinara ingredients Served w/ Mozzarella Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Pizza Muffin	Organic stone ground all purpose flour, part-skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), baking powder, whole milk, liquid eggs, basil, garlic powder, oregano **served with marinara sauce (see marinara ingredients)		X	X	X			
Ravioli (Cheese) Marinara	Cheese Ravioli (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper)** served with marinara sauce (see marinara ingredients)	X	X	X	X			

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Roast Turkey w/Gravy	Raised without antibiotics Golden Legacy Roasted Turkey Breast with up to 10% of natural flavoring solution of Water and Sea Salt. Gravy (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						
Southwest Veggie Burger	Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper Served on a whole grain hamburger bun (see bread ingredients)	X		X				
Sweet & Sour Chicken	Antibiotic free-chicken thigh Sweet & Sour Sauce (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							
Tortellini (Cheese) Marinara	Tortellini (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whey ricotta cheese (whey, whole milk, cream, vinegar), romano cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), water, whole egg, bread crumbs (wheat flour, sugar, canola oil, salt, yeast), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), dehydrated potatoes (100% potatoes), salt, parsley, black pepper) **served with marinara sauce (see marinara ingredients)	X	X	X	X			
Turkey Bolognese	Antibiotic-Free Ground Turkey , marinara sauce (see marinara ingredients), carrots							
Turkey Meatball Marinara	Meatballs (antibiotic-free ground turkey, wheat bread crumbs (bleached wheat flour, dextrose, yeast, salt), salt **served with marinara sauce (see marinara ingredients) Served on a whole grain hamburger bun (see bread ingredients)			X				
Turkey Meatloaf	Antibiotic-Free Ground Turkey , Mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), spinach, eggs, whole wheat bread crumbs (see bread ingredients), water, basil, organic ketchup ((organic tomato puree (organic tomato paste, water), organic natural milled sugar, vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor)), sea salt, dry onion powder, vegetable base		X	X				
Turkey Sausage Patties	Antibiotic-Free Ground Turkey Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Turkey Sloppy Joe	Antibiotic-Free Ground Turkey Sloppy Joe Sauce (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 whole grain hamburger bun (see bread ingredients)							

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Turkey Swiss Sandwich	Raised without antibiotics turkey breast (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) Swiss Cheese (cultured pasteurized milk, salt, enzymes) Whole Grain Hamburger Bun (water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate))	X		X	X			
Turkey Tacos	Antibiotic-Free Ground Turkey Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a flour tortilla (see bread ingredients)							
Veggie Tamale	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						
<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>								
**May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X	X		X			