

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Tofu	Tofu (non-GMO soybeans, water, calcium sulfate) 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)	X						
Apple Curry Tofu	Tofu (non-GMO soybeans, water, calcium sulfate) 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, turmeric, and celery), ground cinnamon, ground cumin))	X			X			
Asian BBQ Tofu	Tofu (non-gmo soybeans, water, calcium sulfate) 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						
Baked Ziti	Penne Pasta , Marinara Sauce , Baked Ziti Cheese Sauce (Mozzarella cheese, ricotta cheese, half & half, parmesan cheese) *See Marinara Ingredients			X	X			
BBQ Tofu	Tofu (non-GMO soybeans, water, calcium sulfate) 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))	X						
Boca Nachos	Boca crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices) 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)) Nacho Cheese ((extra melt american cheese (american cheese (milk, cheese cultures, salt, enzymes), water, cream, sodium phosphate, color added, sorbic acid added as preservative)), mild cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), unsalted butter (cream, natural flavoring), whole milk, rice flour, unsalted butter, sea salt, taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor))	X		X	X			
Boca Tacos	Boca crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices) Taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a flour tortilla (see bread ingredients)	X		X				
Buffalo Tofu Sandwich	Tofu (non-GMO soybeans, water, calcium sulfate) Buffalo Sauce ((unsalted butter, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder), raw garlic)) Served on a whole grain hamburger bun (see bread ingredients)	X			X			
Burrito, Los Cabos	Filling (Water, Pinto Beans (Cooked Pinto Beans ([Water, Pinto Beans], and Salt), Pinto Beans), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Contains 2% or less of: Spices, Garlic Powder, Salt, and Corn Starch) Whole Wheat Flour Tortilla (Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate)	X		X	X			

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Chipotle Lime Tofu	Tofu (non-GMO soybeans, water, calcium sulfate) 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						
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) Liquid Eggs (whole eggs, citric acid, water), whole milk, imitation vanilla extract, ground cinnamon, sea salt, white sugar	X	X	X	X			
Hawaiian Tofu	Tofu (non-GMO soybeans, water, calcium sulfate) Hawaiian Glaze (pineapple, white sugar, water, miso paste (soy), vegetable base (sautéed 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						
Hoisin Sauce	Maple syrup, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents).	X						
Kung Pao Tofu	Tofu (non-GMO soybeans, water, calcium sulfate). Kung Pao Sauce - (liquid aminos soy sauce, water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger)	X						X
Lasagna, Mexican	Whole Grain Tortilla (whole wheat flour, water, unbleached enriched flour (unbleached 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)) Refried Beans (cooked beans, water, salt, vegetable oil (cottonseed), garlic) Shredded Mild Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride) Taco Seasoning (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor) Salsa (organic diced tomatoes, onion, lime juice, sea salt)			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 Tofu	Tofu (non-GMO soybeans, water, calcium sulfate) Lemon Sauce ((raw onion, vegetable base (sautéed 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))	X						

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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							
Orange Tofu	Tofu (non-GMO soybeans, water, calcium sulfate) 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 Marinara with Mozzarella Cheese	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			
Pasta with Tomato Cream Sauce & Mozzarella Cheese	Pasta ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) Tomato Cream Sauce ((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, oregano, basil, sugar, salt, grated parmesan cheese (imported 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			
Pizza Muffins	All purpose enriched 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			
Quesadilla, Cheese	Whole Grain Tortilla (whole wheat flour, water, unbleached enriched flour (unbleached 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)) Mild Cheddar Cheese (cultured pasteurized milk, salt, enzymes, annatto color)			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			

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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 **pre-cooked in expeller pressed canola oil Served on a whole grain hamburger bun (see bread ingredients)	X		X				
Sunbutter & Jelly Sandwich	Sunbutter (roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)) Jelly (organic concord grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid) Served on whole grain bread (see bread ingredients)	X		X				
Sweet & Sour Tofu	Tofu (non-GMO soybeans, water, calcium sulfate) Sweet & Sour Sauce (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt)	X						
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							
Tofu Teriyaki	Tofu (non-GMO soybeans, water, calcium sulfate) 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						
Tofurkey with Gravy	Tofurkey (mycoprotein (59%), rehydrated egg white, onion, milk proteins, canola oil, natural flavors from non-meat sources (contains yeast extract, onion, potato maltodextrin, salt, patioca dextrin, gum arabic) - contains 2% or less of calcium chloride and calcium acetate) 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	X		X			
Tortellini 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) Marinara Sauce ** (See marinara ingredients)	X	X	X	X			
Veggie Kofta Bite	Vegetarian Meatballs (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract)	X		X				
Veggie (not so) Fried Rice	Tofu (non-GMO soybeans, water, calcium sulfate) , Brown Rice, Peas & Carrots, Sauce (vegetable base, water, rice vinegar, soy sauce aminos, garlic, ginger, sugar, sesame oil)	X						X
Veggie Meatball Marinara	Vegetarian Meatballs (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract) Marinara ** (See marinara ingredients)	X		X				

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Veggie Meatball	Vegetarian Meatballs (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methylcellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract)	X		X				
Veggie Meatloaf	Pinto beans (pinto beans, water, salt, calcium chloride & calcium disodium EDTA added for color retention), liquid eggs, salsa (diced tomatoes, onions, lime juice, sea salt), panko bread crumbs (bleached wheat flour, dextrose, yeast, salt), raw onion, ground cumin, garlic powder, black pepper		X	X				
Veggie Nuggets	Mycoprotein (41%), wheat flour, canola oil, rehydrated egg white, wheat starch, contains 2% or less of natural flavor from non-meat sources (contains yeast, salt, onion), potato dextrin, salt, wheat gluten, dextrose, whole egg & egg white, pea fiber, milk proteins, firming agents: calcium chloride, calcium acetate, turbinado sugar, spice, yeast		X	X	X			
Veggie Sausage Patties	Water, Wheat Gluten, Soy Flour, Egg Whites, Corn Oil, Soy Protein Concentrate, Sodium Casinate, Modified Tapioca Starch, Contains 2% or less of Lactose, Soybean Oil (With TBHQ for Freshness), Soy Protein Isolate, Autolyzed Yeast Extract, Spices, Natural & Arificial Flavors, Methylcellulose, Sodium Tripolyphosphate, Salt, Hydrolyzed wheat Gluten, Disodium Inosinate, Caramel Color, Modified Corn Starch, Whey, Hydrolyzed Corn Gluten, Maltodextrin, Onion Powder, Disodium Guanylate, Tetrasodium Pyrophosphate, Tricalcium Phosphate, Lactic Acid, Ascorbic Acid, Brewer's Yeast, Torula Yeast, Calcium Phosphate, Soy Lecithin, Iron (Ferrous Sulfate), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (vitamin B6), Riboflavin (vitamin B2), Vitamin B12	X	X	X	X			
Veggie Sloppy Joe	Boca Crumbles (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat flavor), dried onions, garlic powder spices) 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)	X		X				
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						
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.								
**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			