

FSP Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Bread, Whole Grain	Whole Wheat Flour, Water, 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 and Potassium Sorbate (Preservatives), Wheat Starch.	X		X				
Breadstick, WG, Garlic & Herb	Wheat flour [whole wheat flour, wheat flour enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid)], water, yeast, salt, soybean oil, dough conditioner (wheat flour, ascorbic acid, enzymes), vinegar, sugar, granulated garlic, spices.	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	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 and Calcium Propionate (Preservatives), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate).	X		X				
Hot Dog Bun, Whole Grain	Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Yeast, Contains 2% or less of the following: Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Peroxide, Enzymes), Calcium Propionate (Preservative), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate)	X		X				
Pancake, WG	Whole wheat flour, water, whey, buttermilk, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid), sugar, eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), soybean oil and/or canola oil, dextrose, salt, soy lecithin	X	X	X	X			

Roll, Whole Grain	water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, roblfavin, folic acid), yeast, sugar, wheat gluten, soybean oil, contains 2% or less of the following: dalt, dough conditioners (calcium stearoyl lactylate, mono & diglycerides, DATEM, ascorbic acid, L-cystein hydrocholride, calcium perodixe, enzymes), Yeast Nutrients (calcium sulfate, mono calcium phosphate, ammonium sulfate), calcium propionate and potassium sorbate	X		X				
Tortilla, Corn	Corn, water, and lime (calcium hydroxide)							
Tortilla, Whole Grain	Whole Wheat Flour, Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), contains 2% or less of: Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).	X		X				
Waffle, Whole Grain	Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Milk Solids, Eggs, Less than 2%: Soy Lecithin, Wheat Bran, Sodium Acid Pyrophosphate, Salt, Baking Soda, Monocalcium Phosphate.	X	X	X	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.