

FSP A La Carte Entree Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Chicken Caesar Salad</b>	<p><b>Salad:</b> romaine lettuce, shredded parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes and powdered cellulose (anti-caking agent)).</p> <p><b>Caesar dressing</b> soybean oil, water, egg yolk, lemon juice concentrate, salt, white wine and distilled vinegars, spices (including mustard seed), parmesan cheese (part-skim milk, cheese culture, salt, enzymes), garlic, sodium benzoate and potassium sorbate added as preservatives, onion, extra virgin olive oil, xanthan gum, natural flavors, propylene glycol alginate, molasses, corn syrup, caramel color, sugar, tamarind, calcium disodium EDTA added to protect flavor, anchovies.</p> <p><b>Chicken cooked</b> chicken breast (antibiotic-free), canola oil, sea salt</p> <p><b>CROUTONS</b> WG sliced bread (see bread tab), garlic powder, oregano, canola oil, sea salt</p>	X	X	X	X	X		
<b>Hamburger Bun, WG</b>	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				
<b>Mayo Packet</b>	Water, soybean oil, corn syrup, modified food starch, distilled vinegar, egg white, sugar, salt, contains less than 1% of xanthan gum, lemon juice concentrate, cellulose gel and cellulose gum, spice mustard seed, phosphoric acid, sorbic acid and calcium disodium, EDTA (preservative), polysorbate 60, beta-Apo-8-carotenal and extractives of tumeric (color)	X	X					
<b>Mustard Packet</b>	Distilled white vinegar, water, mustard seed, water, salt, tumeric, natural flavor & spices							
<b>Ranch Chicken Wrap</b>	<p>Romaine lettuce</p> <p><b>Chicken</b> Chicken breast, canola oil, sea salt</p> <p><b>Ranch Dressing</b> Water, soybean oil, corn syrup, distilled vinegar, egg yolks, modified food starch, contains 2% or less of buttermilk, natural flavors, potassium chloride, salt, garlic*, onion*, xanthan gum, yeast extract, lactic acid, phosphoric acid, whey powder, disodium inosinate &amp; disodium guanylate, potassium sorbate &amp; sodium benzoate (as preservatives), rice flour, polysorbate 60, spice, parsley*, calcium disodium edta to protect flavor</p> <p><b>WG Tortilla</b> (see bread ingredients)</p>	X		X	X			
<b>WG Tortilla</b>	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				

<b>Southwest Chicken Salad</b>	<b>Salad:</b> romaine lettuce, diced tomatoes (Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid), antibiotic-free chicken breast, taco seasoning (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor), black beans (Black beans, water, salt, calcium chloride), frozen corn, mild cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), WG tortilla chips (yellow corn, corn oil, salt, lime (calcium hydroxide)) <b>Dressing:</b> chipotle peppers (in adobo sauce) (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic), buttermilk ranch dressing (soybean oil, water, corn syrup, distilled vinegar, enzyme modified egg yolk, buttermilk solids, salt, dried garlic, xanthan gum, natural flavor, yeast extract, dried onion, potassium sorbate, spice, calcium disodium EDTA)	X	X		X			
<b>Sunbutter &amp; Jelly Sandwich</b>	<b>Sliced whole grain bread</b> 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. <b>Jelly</b> Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic canse sugar, apple pectin, ascorbic acid, citric acid) <b>Sunbutter</b> Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)"	X (bread)		X (bread)				
<b>String Cheese</b>	pasteurized part-skim milk, cheese cultures, salt, enzymes				X			
<b>WG Garlic &amp; Herb Breadstick</b>	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				
<b>WG Turkey Swiss Sandwich</b>	<b>Turkey</b> Turkey Breast, Turkey Broth and 2% or less of the following: Dextrose, Salt, Sodium Phosphate <b>Cheese Swiss</b> Cheese (Pasteurized part-skim milk, cheese culture, salt and enzymes) <b>WG Bun (see bread ingredients).</b>	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.

