

Comfort Hot Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Beef Burger	Burger patty Ground beef, salt Served on whole grain hamburger bun (see bread ingredients)							
Beef Hot Dog	Beef, water, contains less than 2% of the following: sea salt, natural flavorings, sugar, vinegar, cherry powder, extract of paprika served on WG Hot Dog Bun (see bread ingredients)							
Chicken Nuggets, WG	Chicken, water, isolated soy protein, seasoning (salt, onion powder, modified corn starch, and natural flavor), sodium phosphates. Breaded With: Whole wheat flour, water, enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: modified corn starch, spices, dextrose, garlic powder, extractives of paprika and annatto, spice extractives. Breading set in vegetable oil	X		X				
Creamy Mac & Cheese, WG	WG Pasta Whole wheat durum flour, durum wheat semolina, and durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)] 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			
Hamburger Bun, WG	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				

Ketchup Packet	Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Onion Powder, Natural Flavoring							
Mustard Packet	water, distilled white vinegar, mustard seed, salt, turmeric, spices							
Pasta Marinara w/ Mozzarella Cheese	WG Penne Pasta Whole grain durum wheat flour, semolina (wheat), durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid Marinara Sauce Diced canned tomatoes (organic tomatoes, organic tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (fresh vine-ripened tomatoes), olive oil, garlic, onions, salt, sugar, oregano, basil Served with mozzarella cheese (Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
WG Bread Slice	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				
WG Garlic & Herb Breadstick	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				

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.