

GF/DF/EF Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
ChocoCrisp Grow Bar	gluten-free oats, sunbutter (Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness), honey, brown rice crisps, all-purpose cocoa, blue agave nectar							
GF/DF/EF English Muffin	Organic Brown Rice Flour, Filtered Water, Organic Tapioca Flour, Potato Starch, Fresh Yeast, Organic Flax Seeds, Organic Chia Seeds, Organic Sesame Seeds, Organic Sunflower Seeds, Sea Salt, Vegetable Gum(Xanthan, Cellulose)							X
Sunbutter Cup	Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt, and Natural Mixed Tocopherols to preserve freshness							
Rice Chex	Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (Mixed Tocopherols) Added To Preserve Freshness. Vitamins And Minerals: Calcium Carbonate, Iron And Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3							
Apple Oat Grow Bar	gluten-free oats, honey, unsulfured dried apples, sunflower oil, dark brown sugar, ground cinnamon, sunbutter (Roasted Sunflower Seed, Sugar, Mono-Diglycerides to prevent separation, Salt and Natural Mixed Tocopherols to preserve freshness)							
<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>								