

Hot Lunch Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Beef Burger w/ American Cheese</b>	Ground beef American cheese (milk, cheese cultures, salt enzymes, annatto vegetable color, if colored), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent)	X			X			
<b>WG Hamburger Bun</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>Orange Chicken Nugget</b>	<b>Orange Sauce</b> water, orange juice, lemon juice, soy sauce, ground ginger, garlic, xanthan gum, sea salt, dark brown sugar <b>WG Chicken Nugget</b> Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breeding set in vegetable oil.	X		X				
<b>Not-So Fried Rice</b>	whole grain brown rice, peas & carrots, vegetable base (Sautéed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), water, rice vinegar, soy sauce (Water, soybeans, salt, sugar), garlic powder, ginger, white granulated sugar	X						
<b>WG Penne Mostaccioli</b>	<b>WG Penne Pasta</b> Whole grain durum wheat flour, semolina (wheat), durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid <b>Mozzarella Pasteurized</b> part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking) <b>Marinara Sauce</b> 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			X	X			
<b>Jerk Glazed Chicken</b>	Chicken Thigh <b>Jerk Glaze</b> allspice, cumin, onion powder, garlic, nutmeg, red chili pepper, black pepper, sea salt, paprika, cinnamon, thyme, dark brown sugar, orange juice							
<b>Arroz Verde</b>	whole grain brown rice, black pepper, sea salt, water, garlic powder, cilantro, parsley flakes							

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<b>WG Garlic &amp; Herb Cheese Pizza</b>	<b>Pizza Base</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 <b>Mozzarella Cheese</b> Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking) <b>Marinara Sauce</b> 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	X		X	X			
<b>Beef Hot Dog</b>	Beef, water, salt, less than 2% of the following: flavoring, potassium lactate, sugar, sodium diacetate, paprika, sodium phosphate, sodium erythorbate, sodium nitrite, oleoresin of paprika							
<b>WG Hot Dog Bun</b>	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				
<b>Zesty BBQ Drumstick</b>	<b>chicken drumstick</b> <b>Zesty BBQ Sauce</b> dark brown sugar, raw onion, garlic, rice vinegar, soy sauce, canola oil, xanthan gum, ginger, chinese five spice blend, maple syrup, miso paste (water, rice, salt, soybeans, alcohol)	X						
<b>Brown Rice</b>	long grain parboiled rice							
<b>Turkey Taco Meat</b>	ground turkey, taco seasoning (salt, sugar, paprika, onion, garlic, citric acid, natural flavor)							
<b>WG 8" 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>Green Chicken Pozole</b>	cooked chicken thigh (chicken thigh, canola oil, sea salt), poblano pepper, cilantro, tomatillos, onion, spinach, sea salt, garlic, water, hominy beans (PREPARED WHITE CORN, WATER, SALT, AND SODIUM BISULFITE (ADDED TO PROMOTE COLOR RETENTION), oregano, lime juice							
<b>Tortilla Chips, WG</b>	yellow corn, corn oil, salt, lime (calcium hydroxide)							

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<b>WG Rotini Pasta w/ Tomato Cream Sauce &amp; Mozzarella</b>	<b>WG Penne Pasta</b> whole grain durum wheat flour, semolina, durum wheat flour, oat fiber, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid, canola oil <b>Tomato Cream sauce</b> parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate), 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) <b>Mozzarella</b> Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)			X	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 Carolina BBQ "Crispy" Chicken</b>	<b>WG Chicken</b> Patty Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breeding set in vegetable oil. <b>Carolina BBQ Sauce</b> mustard (Distilled White Vinegar, Water, Mustard Seed, Mustard Bran, Salt, Tumeric, Paprika), honey, dark brown sugar, apple cider vinegar, ketchup (Tomato Puree (water, tomato paste), Sugar, Vinegar, Sea Salt, Onion Powder, Natural Flavor, Garlic Powder), soy sauce, garlic powder, sea salt, hot sauce (Aged cayenne red peppers, Distilled vinegar, water, salt, and garlic powder)	X		X				
<b>Peri Peri Chicken thigh</b>	<b>chicken thigh</b> <b>peri peri sauce</b> sweet roasted peppers, garlic, canola oil, red wine vinegar, sea salt, smoke paprika							
<b>Spanish Rice</b>	whole grain brown rice, canola oil, garlic powder, water, vegetable base[ Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch] xanthan gum, natural flavors, carrot juice concentrate), paprika, tomato paste (tomato paste, citric cid)							

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Creamy Mac'n Cheese	<b>WG Elbow Noodles</b> whole grain durum wheat flour <b>Cheese Sauce</b> 1% milk (Grade A lowfat milk, vitamin A palmitate and vitamin D3), unsalted butter (cream, natural flavoring), rice flour, sea salt, american cheese (Milk, Cheese Cultures, Salt, Enzymes), Water, Cream, Sodium Phosphate, Color Added, Salt, Sorbic Acid Added As A Preservative), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents))			X	X			
WG Tomato Basil Pesto Pizza	<b>Pizza Base</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 <b>Mozzarella Cheese</b> Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking) <b>Diced Tomatoes</b> <b>Nut-Free Basil Pesto</b> fresh basil, extra virgin olive oil, grated parmesan cheese (Imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), lemon juice, sea salt, black pepper, raw spinach	X		X	X			
Scrambled eggs w/ Veggie	liquid eggs (Whole eggs, citric acid, water), red peppers		X					
Pancake, WG	Whole wheat flour, water, sugar, vegetable oil (soybean, canola and/or palm), buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), natural flavors, fructose, salt, soy lecithin. Vitamins and Minerals: Reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12.	X	X	X	X			
Fajita Chicken	chicken breast or thigh <b>Fajita Seasoning</b> paprika, chili powder, garlic powder, coriander, black pepper, onion powder, cumin, cinnamon, sea salt							
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 Chicken Nuggets	Chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate), sodium phosphates. BREADED WITH: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. Breeding set in vegetable oil.	X		X				

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<b>Turkey Tinga Quesadilla</b>	WG Tortilla (see bread ingredients) <b>Turkey Tinga</b> raw onion, diced tomatoes, chipotle peppers in adobo sauce (Chipotle Peppers, Tomato Puree, Onion, vinegar, canola oil, sugar, salt, paprika, garlic), ground cumin, oregano, sea salt, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), ground turkey (antibiotic-free, 85% lean) <b>Mozzarella Cheese</b> pastuerized milk, cheese cultures, salt, enzymes, potato starch, canola oil and cellulose powder added to prevent caking, natamycin (a natural mold inhibitor)	X		X	X			
<b>Teriyaki Chicken</b>	chicken thigh or breast <b>Teriyaki Sauce</b> ginger, soy sauce, dark brown sugar, water, cornstarch, garlic, onion	X						
<b>Chili Cheese Macaroni</b>	<b>Chili sauce</b> canola oil, raw onion, raw green pepper, pinto beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride and Calcium Disodium EDTA added for color retention), red beans ( Kidney Beans, Water, Sugar, Dextrose, Salt, Calcium Chloride (Firming Agent), and Disodium EDTA ), diced tomatoes, garlic powder, ground red chili pepper, sea salt, paprika, cumin, chili powder, water, vegetable base (Sauteed vegetable puree mix (carrots, onion, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) <b>Cheddar Cheese</b> Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents) <b>WG Elbow Noodles</b> whole grain durum wheat flour			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.								