

Breakfast Ingredient List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Apple Bread	Plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), Dark brown sugar, Whole wheat flour, enriched all purpose flour, unsalted butter (cream, natural flavorings), white sugar, unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), cinnamon, baking soda, baking powder, sea salt		X	X	X			
Apple Grownola Cereal	Gluten free oats, pure honey, dried apples, sorghum crisps, sunflower oil, dark brown sugar, cinnamon							
Apple Oat Granola Bar	Gluten free oats, pure honey, dark brown sugar, dried apples, sunflower oil, ground cinnamon							
Apple Oatmeal	<b>Oatmeal</b> (quick oats (may contain gluten), brown sugar, cane sugar, cinnamon) <b>Apple compote</b> (chunky applesauce (apples, sugar, water, ascorbic acid (vitamin C) added to maintain color), brown sugar, cinnamon)			X				
Appleberry Muffin	Whole wheat flour, sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), white sugar, unsalted butter (cream, natural flavorings), frozen cranberries, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), unsweetened applesauce (apples, water, ascorbic acid added to maintain color), baking powder, baking soda, sea salt, vanilla extract		X	X	X			
Banana Bread/Muffin	Bananas, Whole Wheat Flour, Sugar, Plain low-fat yogurt (non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures including L Acidophilus & Bifidus), Butter, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), baking soda, salt		X	X	X			
Banana Cinnamon Overnight Oats	Gluten Free Oats, bananas, plain yogurt, milk, cinnamon, dark brown sugar, vanilla extract, sea salt				X			
Biscuit, Whole Grain	Whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine monoitrate, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), maltodextrin, contains less than 2% of the following: potassium chloride, sugar, water, modified cornstarch, rice flour, soybean oil, artificial flavor, salt, datem, mono & diglycerides, soy lecithin	X		X	X			
Blueberry Muffin/Bread	Whole Wheat flour, Sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), blueberries, white sugar, grade A pasteurized cream (milk protein concentrate, enzymes), butter, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, itric acid added to preserve color), baking powder, baking soda, salt		X	X	X			
Breakfast Burrito	<b>Tortilla (see bread ingredients)</b> <b>Scrambled eggs</b> whole eggs, citric acid <b>Mild shredded cheddar cheese</b> (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent) Salsa (diced tomatoes, onion, cilantro, lime juice, sea salt)	X	X	X (tortilla)	X			



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Cinnamon Brown Sugar Oatmeal w/ Granola	Quick oats (may contain gluten), brown sugar, cane sugar, cinnamon, salt			X	X (granola)			
Cinnamon Muffins	Whole Wheat Flour, Sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), unsalted butter, dark brown sugar, white sugar, unsweetened applesauce, eggs, canola oil, sea salt, baking powder, cinnamon, baking soda		X	X	X			
Compote, Apple Cinnamon	Chunky applesauce (apples, sugar, water, ascorbic acid (vitamin C) added to maintain color), brown sugar, cinnamon							
Compote, Strawberry	Strawberries, sugar							
Compote, Blueberry	Blueberries, sugar							
Cream Cheese Cup	Pasteurized milk and cream, pasteurized skim milk, cheese culture, sodium citrate, salt, guar gum, modified food starch, carob bean gum, xanthan gum, natural flavor, vitamin A palmitate, enzymes				X			
Egg Breakfast Sandwich	Liquid Egg (Whole eggs, citric acid, water), Shredded Cheddar Cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), <b>Served on WG English Muffin **See bread ingredients</b>		X		X			
English Muffin, Whole Grain	Whole wheat flour, water, farina, wheat gluten, yeast, salt, preservatives (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			
French Toast Casserole	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, malted barley flour, dextrose, soy lecithin, calcium propionate and potassium sorbate, wheat starch), eggs, whole milk, white sugar, vanilla extract, dark brown sugar, ground cinnamon, citric acid	X	X	X	X			
Granola	Rolled oats (may contain gluten), honey, dark brown sugar, raisins, butter			X	X			
Granola Bar	Rolled oats (may contain gluten), brown sugar, raisins, cranberries, honey, butter, vanilla, salt			X	X			
Grits	Water, grits, parmesan cheese, cream, butter, bay leaf				X			
GrowYo - Peach	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural peach flavor, pectin, live & active cultures including L. Acidophilus & Bifidus				X			
GrowYo - Plain	Grass-fed milk Non-homogenized grade A pasteurized milk, non-fat dry milk, contains live & active cultures: L Acidophilus & Bifidus				X			
GrowYo - Strawberry	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophilus & Bifidus				X			
GrowYo - Vanilla	Grass-fed milk Non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural vanilla flavor, pectin, live & active cultures: L. Acidophilus & Bifidus				X			
Pumpkin Muffin	Whole Wheat Flour, Pumpkin paste, Dark brown sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), canola oil, baking powder, baking soda, vanilla extract, salt, cinnamon		X	X				
Salsa	Diced tomatoes, onion, cilantro, lime juice, sea salt							
Scrambled Eggs	eggs, citric acid		X					
Strawberry Grownola Cereal	Gluten Free Whole Grain Oats, Honey, Sunflower Oil, Sorghum Crisps, Dark Brown Sugar, Dehydrated Strawberries (freeze-dried organic strawberries), Strawberry Powder (freeze-dried organic strawberries)							
Strawberry Muffin	Whole Wheat Flour, sour cream (cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes), strawberry compote (strawberries, sugar), sugar, butter, eggs, baking powder, baking soda, sea salt		X	X	X			

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Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
String Cheese	Pasteurized part-skim milk, cheese cultures, salt, enzymes				X			
Syrup	Invert sugar, water, contains 2% or less of: molasses, natural flavors, sea salt							
Turkey Ham & Cheese Breakfast Sandwich	<b>Biscuit</b> (whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitarte, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), matodextrin, contains less than 2% of water, potassium chloride, sugar, modified conrstarch, soybean oil, artifical flavor, salt, datem, soy lecithin) <b>Turkey ham</b> (Turkey Thigh Meat, Turkey Broth, Contains Less Than 2% Sea Salt, Cane Sugar, Vinegar, Celery Powder, Cherry Powder, Natural Flavor) Mild cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto color)	X		X	X			
Turkey Sausage Breakfast Sandwich	<b>Biscuit</b> (whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as reffours sulfate, thiamine mononitarte, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), matodextrin, contains less than 2% of water, potassium chloride, sugar, modified conrstarch, soybean oil, artifical flavor, salt datem, soy lecithin) <b>Turkey sausage (ground turkey, dry poultry seasoning</b> (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt, canola oil)	X		X	X			
Veggie Omelet	Liquid eggs (Whole eggs, citric acid, water), shredded cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), spinach, red peppers		X		X			
Waffle	Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folate), Water, Whey, Soybean or Canola Oil, Sugar, Contains 2% or less of the following: Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate, Sodium Aluminum Phosphate), Salt, Soy Lecithin (an emulsifier), Beta Carotene, Palmitate (Vitamin A), Niacin, Vitamin B12, Pyridoxin (Vitamin B6), Riboflavin, Thiamin Hydrochloride, Reduced Iron, Folate.	X		X	X			
Whole Grain Pancake	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			
Whole Grain Bagel	WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: VITAL WHEAT GLUTEN, SALT, YEAST, MALTED WHEAT FLOUR, WHITE VINEGAR, HYDROLYZED WHEAT GLUTEN, CANOLA OIL, ASCORBIC ACID (VITAMIN C), ENZYMES, CALCIUM SULFATE.	X		X				
WG Tortilla Chips	Whole Grain Yellow Corn treated with Lime, Vegetable Oil (Contains one or more of the following: Soybean Oil, Corn Oil), Water, Salt, TBHQ and Citric Acid (used as a preservative).	X						
Whole Grain Waffle	Whole wheat flour, water, sugar, vegetable oil (soybean and palm, canola and/or cottonseed), egg whites, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), natural flavors, molasses, soy lecithin, whey, salt. Vitamins and Minerals: Calcium carbonate, reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12.	X	X	X	X			
Yogurt Parfait - Strawberry Yogurt + Granola	<b>Yogurt</b> (non-homogenized grade A pasteurized 1% milk, milk protein concentrate, natural cane sugar, natural strawberry flavor, pectin, live active cultures: L. Acidophilus & Bifidus) Compote (unsweetened frozen strawberries, white granulated sugar) <b>Granola Rolled oats (may contain gluten), honey, dark brown sugar, raisins, butter</b>			X	X			

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Yoplait Yogurt Cup	Cultured Grade A Nonfat Milk, Modified Corn Starch, Sugar. Contains 1% or less of: Kosher Gelatin, Natural Flavor, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Acesulfame Potassium, Sucralose, Vitamin A Acetate, Vitamin D3.				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.								
**Sharp Cheddar May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X			X			
**Sharp Cheddar May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X			X			