

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Biscuit, Whole Grain</b>	Whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, 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			
<b>Breadstick</b>	Whole wheat flour, water, 9 grain mix, palm oil, citrus preservative, dry yeast, salt			X				
<b>Bread, Whole Grain</b>	Whole wheat flour, water, 9 grain mix, palm oil, citrus preservative, dry yeast, salt			X				
<b>Bread, Gluten Free</b>	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
<b>Cornbread</b>	Whole grain cornmeal, whole wheat flour, sugar, baking powder, salt, organic whole milk, canola oil, eggs, unsweetened applesauce		X	X	X			
<b>English Muffin, Honey Wheat</b>	enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], water, whole wheat flour, farina, honey, wheat gluten, sugar, yeast, salt, calcium propionate and sorbic acid (to preserve freshness), soybean oil, natural flavor, monoglycerides, sucralose, soy lecithin, soy, whey, dextrose, corn cereal.	X		X	X			
<b>English Muffin, Whole Grain</b>	Whole wheat flour, water, farina, wheat gluten, yeast, salt, perservatives (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			
<b>Hamburger Bun, Whole Grain</b>	Whole wheat flour, water, 9 grain mix, palm oil, citrus preservative, dry yeast, salt			X				
<b>Hamburger Bun, Gluten Free</b>	Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Baking Powder (Glucono Delta Lactone, Calcium Carbonate & Magnesium Carbonate). Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.							
<b>Hot Dog Bun, Whole Grain</b>	Whole wheat flour, water, 9 grain mix, palm oil, citrus preservative, dry yeast, salt			X				
<b>Hot Dog Bun, Gluten Free</b>	Water, sourdough (water, rice flour), rice starch, corn starch, millet flour, sugar, psyllium seed husks (vegetable fiber), rice syrup, sunflower oil, yeast, salt, modified cellulose, soy protein, calcium citrate, niacin, iron, thiamine, riboflavin	X						
<b>Pancake, Whole Grain</b>	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			

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
<b>Pita Bread, Whole Grain</b>	WATER, WHOLE WHEAT FLOUR, WHEAT FLOUR ENRICHED ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), SOYBEAN OIL, YEAST, SALT, VITAL WHEAT GLUTEN, DOUGH CONDITIONER (MONO-DIGLYCERIDES, CALCIUM SULFATE, GUAR GUM, WHEAT STARCH, SODIUM METABISULFITE AND ASCORBIC ACID), SUGAR, PRESERVATIVES (CALCIUM PROPIONATE, FUMARIC ACID)	X		X				
<b>Pita, Whole Grain, Pizza</b>	Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), canola oil, sugar, salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cultured wheat, calcium propionate			X				
<b>Pizza Dough, Whole Grain</b>	Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
<b>Roll, Whole Grain</b>	Whole wheat flour, water, 9 grain mix, palm oil, citrus preservative, dry yeast, salt			X				
<b>Saltine Crackers, Whole Grain</b>	Niacin, iron, thiamin mononitrate, riboflavin, folic acid), canola oil, sugar, salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cultured wheat, calcium propionate	X		X				
<b>Tortilla, Corn</b>	Corn, water, and lime (calcium hydroxide)							
<b>Tortilla, Flour</b>	Enriched unbleached flour (Wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Vegetable shortening (Contains one or more of the following: Palm oil and/or corn oil), Contains 2% or less of the following: Salt, Aluminum-free leavening (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate), Wheat protein, Preservatives (Calcium propionate, Sorbic acid), Dough conditioner (Fumaric acid), Xanthan gum, Mono- and diglycerides, Sodium metabisulphite).			X				
<b>Tortilla, Whole Grain</b>	Whole wheat flour, water, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)			X				
<b>Waffle, Gluten Free</b>	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X						
<b>Waffle, Whole Grain</b>	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			

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.

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame