

v: formulate satisfaction

SALADS

served with warm artisan bread

House Chopped Salad

crisp greens, herb grilled chicken, apple wood smoked bacon, roma tomatoes, ditalini pasta, gorgonzola cheese, green onions, and cucumbers spun in our house dressing 9.95

Sweet Leaf

spring greens, herb grilled chicken, fresh strawberries, orange segments, gorgonzola cheese, caramelized pecans spun in our raspberry basil vinaigrette 9.95

California Cobb

crisp greens, herb grilled chicken, avocado, egg, balsamic glazed onions, roma tomatoes, english cucumber, fusilli pasta, and tillamook cheddar cheese spun in our peppercorn ranch dressing 9.95

Crispy Asian

thai-chili glazed steak, napa cabbage, bok choy, glass noodles, edamame, crisp red peppers, snow peas, carrots, and spicy cashews spun in our sesame ginger dressing and topped with crispy wonton strips 10.95

Salmon Flats

cajun salmon, crisp greens, avocado, roasted red peppers, black beans, roma tomatoes and fresh cilantro layered between crisp tortillas and spun in our roasted garlic chipotle dressing 10.95

Caesar

hearts of romaine, shaved parmesan cheese, and roasted garlic croutons 8.95
add herb grilled chicken 2.00...portabella mushroom 2.50...thai-chili glazed steak 3.50

Azteca Salad

crisp greens, pulled red chili turkey, red peppers, black beans, pico de gallo, scallions, tillamook cheddar and crispy tortilla strips spun in our chipotle ranch dressing 9.95

HOT OFF THE GRILL SANDWICHES

sandwiches served with a choice of hot-pepper chips, daily pasta salad, grilled and chilled vegetables, low fat cottage cheese or a crisp apple

Chicago Style Italian Beef

sliced italian beef, perfectly baked french bread, beef jus and your choice of hot or sweet peppers 9.95 add cheese .50

The Yard Bird

herb grilled chicken, apple wood smoked bacon, tart apple slaw and melted tillamook cheddar 9.95

Tuscan Chicken

herb grilled chicken, prosciutto ham, roma tomatoes, fresh mozzarella topped with spring greens and red pepper dijonaise 9.95

Portabella Melt

portabella mushrooms, grilled eggplant, roasted red peppers and brie cheese topped with cabernet vinaigrette and spicy sprouts 8.95

Salmon BST

grilled salmon, apple wood smoked bacon, baby spinach, roma tomato and avocado with warm maple balsamic vinaigrette 10.95

West Coast Veggie Burger

house made grilled vegetable patty topped with avocado, spicy sprouts, and roma tomato with roasted garlic aioli 8.95 add cheese .50

Honey Wasabi Turkey Burger

fresh seasoned ground turkey, provolone cheese, crisp butter lettuce, roma tomato with spicy sriracha aioli 8.95

SOUPS

4 Soups Made Daily cup 3.00 bowl 4.50 bread bowl 5.95

HALF & HALF

cup of soup and a 1/2 salad (choose 3 ingredients) 9.95
half sandwich of the day and a 1/2 salad (choose 3 ingredients) 9.95
cup of soup and a half sandwich of the day 9.95

WRAPS & PANINIS

wraps & paninis served with a choice of hot-pepper chips, daily pasta salad, grilled and chilled vegetables, low fat cottage cheese or a crisp apple

Vietnamese Dim Sum Chicken

grilled coconut curry marinated chicken, glass noodles, julienne carrots, cucumber, roasted peanuts, and shaved napa cabbage in a warm wrap 9.95

Mahi Tacos

crispy mahi mahi, charred pico de gallo, cilantro, and mexican queso fresco in a grilled soft wrap 10.95

Falafel Sandwich

a mediterranean favorite - topped with shredded lettuce, tomatoes, red onions and tatziki sauce served on soft pita bread 8.95

Caprese Panini

roma tomatoes, fresh mozzarella and garden basil drizzled with maple balsamic on crispy country bread 7.95

Turkey Reuben Panini

sliced turkey breast, sauerkraut, thousand island dressing and big eye swiss on crispy country bread 7.95

BURGERS

burgers served with a choice of hot-pepper chips, daily pasta salad, grilled and chilled vegetables, low fat cottage cheese, hand cut french fries or a crisp apple

Better Burger 7.95 (double add 2.50, triple add 5.00)

Pick a Meat

beef turkey veggie portobello cap

Pick a Bun

ciabatta traditional

Choose your Toppings (up to 3, each additional is .75)

balsamic onions	bbq sauce	cheddar cheese
crispy onions	peppercorn ranch	provolone cheese
fried egg	chipotle aioli	swiss cheese
roasted red peppers	red pepper dijonaise	merkts cheddar
bacon	maple balsamic	gorgonzola cheese
jalapeños	avocado	fresh mozzarella cheese

Jayhawk Bistro Burger

1/3 lb burger topped with roasted red peppers, caramelized onions and gorgonzola cheese. accompanied with lettuce and beef steak tomatoes 8.95 (double add 2.50, triple add 5.00)

Smoken Joe

1/3 lb burger basted with bbq sauce and topped with jalapeños, crispy onions and merkts cheddar cheese sauce. accompanied with lettuce and beef steak tomatoes 8.95 (double add 2.50, triple add 5.00)

Nightmare on Massachusetts Street

a triple stacked 1 lb wonder! topped with melted swiss and cheddar cheeses and topped with a lot of bacon, because everything tastes better with bacon. slathered with mayo and served with lettuce and beef steak tomatoes 10.95

English Pub Burger

beer battered cod with beef steak tomatoes, shredded lettuce and spicy tartar sauce 7.95

Hand Cut Fries - 1.95 Merkts Cheddar Fries - 2.95

CUSTOM SALADS 9.95

served with warm artisan bread

Choice of Greens (choose one or two)

spring mix	baby spinach
hearts of romaine	napa/bok choy mix
bibb lettuce	iceberg lettuce

Choice of 5 Ingredients (or more @ 1.00 additional each item)

From the Garden:

balsamic glazed onions
roma tomato
oven roasted 'shrooms
grilled broccoli
carrots
roasted red peppers
spicy sprouts
english cucumber
snow peas
red onion
scallions
sweet peas
edamame
hearts of palm
artichoke hearts
banana peppers
kalamata olives
fresh basil
jalapeños

Fruits:

avocado
apples
orange segments
fresh strawberries
sun dried cranberries
golden raisins
red seedless grapes
golden pineapple

Choice of Salad Dressing:

house dressing
creamy gorgonzola
peppercorn ranch
honey lime mustard
roasted garlic chipotle
sesame ginger
caesar
fat free raspberry vinaigrette

Add

herb grilled chicken 2.50
grilled salmon 3.50
oven roasted tofu 2.50

Cheeses:

fresh mozzarella
parmesan cheese
gorgonzola cheese
tillamook cheddar cheese
goat cheese
feta cheese
big eye swiss
pepper jack

Meats | Eggs | Beans:

pepperoni
capicola ham
genoa salami
smoked bacon
diced egg
white beans
black beans

Crunchy Toppings:

pine nuts
caramelized pecans
spicy cashews
caramelized almonds
sunflower seeds
roasted peanuts
roasted garlic croutons
crispy wontons
crispy tortilla strips

Pasta:

ditalini pasta
glass noodles
fusilli

raspberry basil vinaigrette
maple balsamic vinaigrette
low fat greek dressing
oil and vinegar
tatziki
fat free balsamic vinaigrette
low fat ranch

thai chili glazed steak 3.50
grilled portabella mushroom 2.50
blackened mahi 3.50

CREATE YOUR PIE 9.95

all pies topped with three cheese blend

Choice of Sauce

alfredo
roasted garlic oil
smoked jalapeño bbq sauce

basil pesto
tomato pomodoro

Choice of 3 Ingredients (or more @ 1.00 additional each item)

italian sausage
capicola ham
portabella mushroom
apple wood smoked bacon
red onion
balsamic onions
herb grilled chicken
roasted red pepper
roma tomatoes
spinach
green peppers

artichoke hearts
pepperoni
grilled broccoli
banana peppers
kalamata olives
golden pineapple
ripped basil
black beans
gorgonzola
fresh mozzarella
fresh jalapeños

GOURMET PIZZAS

crust hand made, baked in brick oven

Spin Dip

creamy blend of fresh spinach and artichokes topped with mozzarella and provolone cheeses 10.95

The Bricks

pepperoni, italian sausage and green peppers with rustic tomato sauce and three-cheese blend 10.95

Mad Max

apple wood smoked bacon and herb grilled chicken with alfredo sauce and three cheese blend 10.95

Smoked Jalapeño BBQ Chicken

herb grilled chicken, red onions and fresh cilantro with spicy chipotle bbq sauce, tillamook cheddar and three cheese blend 10.95

Pizza Roma

roma tomatoes and fresh basil with roasted garlic and three cheese blend 10.95

Magic Mushroom

oven roasted wild mushrooms and balsamic glazed onions with pesto and fresh mozzarella cheese 10.95

Philly Steak

sliced beef, roasted red peppers and balsamic onions with a cream cheese blend and provolone cheese 10.95

DRINKS

Fountain Drinks – 2.25

Fresh Roasted Coffee / Decaf – 2.25

Assorted Ice Teas – 2.25

Specialty Drinks also offered. See cashier for price.

TIPPING

In order to maximize the value you receive from your visit to Ingredient, we do not allow tipping. Instead of tipping, should you feel the need, we recommend one of the following:

Give a few dollars to charity...Say Hello to a stranger...

Pet a dog...Perform a random act of kindness...

Put a quarter in a parking meter you see that is expired...

Do something nice for yourself!

(in·grē·di·ent)

v: formulate satisfaction
a chef-owned establishment

Visit us at www.ingredientrestaurant.com

WARNING: Consuming raw or under-cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.