

# (in·grē·di·ent)

v: formulate satisfaction

a chef-owned establishment

## SALADS

served with warm artisan bread

### Sweet Leaf

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

### California Cobb

crisp greens, fusilli pasta, avocado, herb grilled chicken, egg, balsamic glazed onions, roma tomatoes, english cucumber, and tillamook cheddar cheese spun with 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 9.95

### Salmon Flats

cajun salmon, crisp greens, avocado, roasted red peppers, black beans, roma tomato and fresh cilantro layered between crisp tortillas and spun with our roasted garlic chipotle dressing 9.95

### Taos Spinach

baby spinach, pulled red chili turkey, charred pico de gallo, crisp red peppers, scallions, sour cream and tillamook cheddar spun in our roasted garlic chipotle dressing and served in a crispy garlic herb tortilla bowl 9.95

### Caesar

hearts of romaine, shaved parmesan cheese, and roasted garlic croutons 7.95  
add grilled chicken 2.00...portobella mushroom 2.50...thai-chili glazed steak 3.50

## GOURMET PIZZAS

crust hand made, baked in brick oven

### Spin-Dip

creamy blend of fresh spinach and artichokes topped with mozzarella and provolone cheeses 9.95

### The Corner Pie

capicola ham, pepperoni, banana peppers, olives, roasted peppers with rustic tomato sauce and three cheese blend 10.95

### Jamaican BBQ Chicken

spicy grilled chicken, diced red onion, jamaican jerk bbq sauce, fresh cilantro and three cheese blend 9.95

### Apple Wood

smoked chicken-apple sausage, rustic tomato sauce and gouda cheese 9.95

### Thai Pie

curry chicken, grilled broccoli, red onions, julienne carrots, thai peanut sauce, fresh cilantro and chopped peanuts 9.95

### Wild Mushroom

wild mushrooms, fresh herbs, caramelized onions, alfredo sauce and brie cheese 9.95

### "R" Margherita

basil pesto, sun dried tomatoes, and fresh mozzarella 9.95

### Caesar's Pie

our fresh brick baked crust brushed with extra virgin oil and cracked pepper topped with our chicken caesar salad 9.95

## HOT OFF THE GRILL SANDWICHES

sandwiches served with a choice of hot-pepper chips, daily pasta salad or grilled and chilled vegetables.

### Peppercorn Steak

pepper crusted steak, balsamic glazed onions and bacon blue cheese sauce topped with spring greens and roma tomatoes 9.95

### Tuscan Chicken

herb grilled chicken, prosciutto ham, roma tomatoes, fresh mozzarella topped with spring greens and red pepper dijonaise 8.95

### Portobella Melt

portobella mushrooms, grilled eggplant, roasted red peppers and brie cheese topped with cabernet vinaigrette and spicy sprouts 7.95

### Salmon BST

grilled salmon, smoked bacon, baby spinach, roma tomato and avocado with warm maple balsamic vinaigrette 9.95

### Honey Wasabi Turkey Burger

fresh seasoned ground turkey, provolone cheese, crisp butter lettuce, roma tomato with spicy sriracha aioli 7.95

### Sausage Grinder

chicken-apple sausage, roasted peppers, balsamic glazed onions, three cheese blend with rustic tomato sauce 7.95

## WORLD OF WRAPS

wraps served with a choice of hot-pepper chips, daily pasta salad or grilled and chilled vegetables.

### Vietnamese Dim Sum Chicken

grilled coconut curry marinated chicken, glass noodles, julienne carrots, cucumber, roasted peanuts, and shaved napa cabbage 8.95

### Mahi Tacos

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

### Grilled Vegetable and Hummus

grilled seasonal vegetables, hummus, feta cheese, kalamata olives, and crisp lettuce with tatziki sauce 8.95

### Philly Tofu

shaved central soy hot pepper tofu, balsamic glazed onions, roasted red peppers, roma tomatoes, crisp butter lettuce, soy mozzarella, with a basil pesto splash 7.95

## SOUPS

4 Soups Made Daily cup 3.00 bowl 4.50

## HALF & HALF

cup of soup and a 1/2 salad (choose 3 ingredients) 8.95

half sandwich of the day and a 1/2 salad (choose 3 ingredients) 8.95

cup of soup and a half sandwich of the day 8.95

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## CREATE YOUR OWN SALAD 8.95

served with warm artisan bread

### 1 Select Your Greens (choose one or two)

spring mix  
hearts of romaine  
bibb lettuce

baby spinach  
napa/bok choy mix

### 2 Choose Your Ingredients (up to 5, each additional is .75)

#### From the Garden:

balsamic glazed onions  
roma tomato  
sun dried tomato  
oven roasted 'shrooms  
grilled broccoli  
roasted red peppers  
honey ginger carrots  
spicy sprouts  
english cucumber  
snow peas  
herb-roasted potatoes  
roasted beets  
red onion  
scallions  
sweet peas  
edamame  
hearts of palm  
marinated artichoke hearts  
banana peppers  
kalamata olives  
fresh basil  
jalapeños

#### Fruits:

avocado  
apples  
spiced anjou pears  
orange segments  
fresh strawberries  
sun dried cranberries  
golden raisins  
red seedless grapes  
grilled pineapple

### 3 Pick Your Salad Dressing:

creamy gorgonzola  
peppercorn ranch  
honey lime mustard  
roasted garlic chipotle  
sesame ginger  
caesar  
low fat ranch

### 4 Add Something Special:

herb grilled chicken 2.00  
citrus grilled salmon 3.50  
oven roasted tofu 2.00  
blackened mahi 3.50

#### Cheeses:

fresh mozzarella  
parmesan cheese  
gorgonzola cheese  
tillamook cheddar cheese  
goat cheese  
feta cheese  
fontina cheese  
gouda cheese  
soy mozzarella

#### Meats | Eggs | Beans:

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

#### Crunchy Toppings:

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

#### Pasta:

glass noodles  
fusilli

raspberry basil vinaigrette  
maple balsamic vinaigrette  
cabernet vinaigrette  
mango cider vinaigrette  
low fat greek dressing  
oil and vinegar  
tatziki

thai-chili glazed steak 3.50  
grilled portobella mushroom 2.50  
pulled red chili turkey 2.00

## CREATE YOUR OWN PIZZA 9.95

all pies topped with three cheese blend

### 1 Pick Your Sauce

alfredo  
roasted garlic oil

basil pesto  
tomato pomodoro

### 2 Choose Your Ingredients (up to 3, each additional is .75)

chicken apple sausage  
capicola ham  
portobella mushroom  
apple wood smoked bacon  
red onion  
balsamic onions  
grilled chicken  
roasted red pepper  
roma tomatoes  
spinach

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

### 3 Add a Cheese (each additional is .75)

fresh mozzarella  
gorgonzola cheese  
goat cheese  
fontina cheese  
soy mozzarella

parmesan cheese  
tillamook cheddar cheese  
feta cheese  
gouda cheese

## DRINKS

Fountain Drinks: 1.95

Coffee 12oz: 1.50 16oz: 1.95

Iced Tea: 1.95

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!

3201 Farnam Street (Midtown Crossing) • 402-715-4444

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