

# (in·grē·di·ent)

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a chef-owned establishment

## SALADS

served with artisan roll

### Sweet Leaf

spring greens, grilled chicken, fresh strawberries, orange segments, gorgonzola cheese, caramelized pecans spun with raspberry basil vinaigrette half 7.95 / full 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 half 7.95 / full 9.95

### Crispy Asian

thai-chili glazed chicken, 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 half 7.95 / full 9.95

### Salmon Flats

cajun salmon, crisp greens, avocado, roasted peppers, black beans, roma tomato and fresh cilantro layered between crisp tortillas and spun with our roasted garlic chipotle dressing half 7.95 / full 10.95

### Columbia Greens

crisp greens, roma tomatoes, english cucumber, red onion, roasted garlic croutons with cheddar cheese and your choice of dressing half 6.00 / full 7.95

### Caesar

hearts of romaine, shaved parmesan cheese, and roasted garlic croutons half 6.00 / full 7.95

add grilled chicken 2.50...portobella mushroom 2.50 ...thai-chili glazed chicken 3.50

## BURGERS

served with your choice of hand cut fries, sweet potato fries or daily pasta salad

### Moo-Zou

1/3 lb burger topped with your choice of cheese (add bacon .75). accompanied with lettuce and beef steak tomatoes 7.95 (double add 2.50, triple add 5.00)

### The Blue Royale

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)

### Smoked Joe

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

### Bison Chili Burger

1/3 lb bison burger topped with our spicy black bean chili, a fried egg and shredded tillamook cheddar cheese. accompanied by a fork 9.95 (double add 2.50, triple add 5.00)

### Nightmare on Elm 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

### Honey Wasabi Turkey Burger

fresh seasoned ground turkey, provolone cheese, crisp butter lettuce, and beef steak tomatoes with spicy sriracha aioli 8.95 (double add 2.50, triple add 5.00)

### Yard Burger

herb marinated chicken, crisp apple wood bacon and swiss cheese served with apricot mustard. accompanied with lettuce and beef steak tomatoes 8.95 (double add 2.50, triple add 5.00)

### English Pub Burger

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

## SIDES

Hand Cut French Fries 1.95

Chili Fries 3.95

Sweet Potato Fries 1.95

Daily Pasta Salad 1.95

Cheddar Fries 2.95

Chilled Veggies 2.00

Cottage Cheese 2.00

Apple 1.50

Hot Pepper Chips 1.95

## SOUPS

2 Soups Made Daily cup 3.00 bowl 4.50

## 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

## DRINKS

Fountain Drinks: 2.25

Coffee 2.25

Iced Tea china black, raspberry or mango 2.25

Specialty Drinks also offered. See cashier for price.

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

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## CUSTOM BURGERS 7.95

### Choice of Meats (choose one)

beef turkey veggie portabello chicken breast bison

### Choice of Breads (choose one... or don't, and have it over greens)

traditional bun no bun, over greens onion bun ciabatta

### Choice of 1 Cheese (or more @ .75 additional each)

fresh mozzarella sauce gorgonzola tillamook cheddar goat cheese feta cheese vermont white cheddar swiss provolone pepper jack brie cheese american cheese

### Choice of 2 toppings (or more @ .75 additional each)

caramelized onions balsamic onions roma tomatoes sun dried tomatoes oven roasted shrooms roasted red peppers spicy sprouts red onions artichoke hearts snow peas banana peppers kalamata olives torn basil jalapeños grilled broccoli smoked bacon fried egg black beans pineapple avocado sun dried cranberries sour cream cilantro english cucumber prosciutto ham pickles fried onions pickle relish

### Choice of 1 sauce (or more @.75 additional)

mayonnaise creamy gorgonzola roasted garlic chipotle dijon mustard spicy brown mustard jalapeño mustard peppercorn ranch garlic aioli guacamole bbq sauce buffalo hot sauce honey wasabi glaze honey lime mustard srirachi aioli thousand island basil pesto apricot mustard

## CUSTOM SALADS 9.95

served with artisan roll

### Choice of Greens (choose one or two)

spring mix baby spinach hearts of romaine napa/bok choy mix

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

#### From the Garden:

balsamic glazed onions roma tomato sun dried tomato oven roasted 'shrooms grilled broccoli roasted red peppers shredded carrots spicy sprouts english cucumber snow peas red onion edamame hearts banana peppers kalamata olives fresh basil jalapeños

#### Fruits:

avocado apples orange segments fresh strawberries sun dried cranberries pineapple

#### Cheeses:

fresh mozzarella parmesan cheese gorgonzola cheese tillamook cheddar cheese goat cheese feta cheese pepper jack cheese soy mozzarella

#### Meats | Eggs | Beans:

smoked bacon diced egg black beans

#### Crunchy Toppings:

caramelized pecans spicy cashews sunflower seeds roasted garlic croutons crispy wontons crisp tortilla

#### Pasta:

glass noodles fusilli

### Choice of Salad Dressing:

creamy gorgonzola honey lime mustard sesame ginger oil and vinegar peppercorn ranch roasted garlic chipotle caesar raspberry basil vinaigrette maple balsamic vinaigrette cabernet vinaigrette

### Add

herb grilled chicken 2.50 beer battered cod 3.50 grilled portobella mushroom 2.50 bison patty 3.00 citrus grilled salmon 3.50 beef burger 2.50 spicy tofu 2.50 thai-chili glazed chicken 3.50

## 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!

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