

(in·grē·di·ent)

v: formulate satisfaction

a chef-owned establishment

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 small 6.95

Sweet Leaf

spring greens, herb grilled chicken, fresh strawberries, orange segments, gorgonzola cheese, caramelized pecans spun in our raspberry basil vinaigrette 9.95 small 6.95

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 small 6.95

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 10.95 small 7.95

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 small 7.95

Caesar

hearts of romaine, shaved parmesan cheese, and roasted garlic croutons 7.95 small 5.00
add herb grilled chicken 2.00...portabella mushroom 2.50...thai-chili glazed steak 3.50

PANINIS

Hot Ham & Cheese Panini

sliced ham, tillamook cheddar cheese and honey lime mustard on crispy country bread 5.95

Caprese Panini

roma tomatoes, fresh mozzarella and garden basil drizzled with maple balsamic on crispy country bread 5.95

Turkey Reuben Panini

sliced turkey breast, sauerkraut, thousand island dressing and big eye swiss on crispy country bread 5.95

SIDES

side salad – 1.95

crisp apple – 1.00

hot pepper chips – 1.50

low fat cottage cheese - 1.50

SOUPS

2 Soups Made Daily cup 3.00 bowl 4.50 bread bowl 5.95

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 half 6.95

The Bricks

pepperoni, italian sausage and green peppers with rustic tomato sauce and three cheese blend 10.95 half 6.95

Mad Max

apple wood smoked bacon and herb grilled chicken with alfredo sauce and three cheese blend 10.95 half 6.95

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 half 6.95

Pizza Roma

fresh tomatoes and fresh basil with roasted garlic and three cheese blend 10.95 half 6.95

Magic Mushroom

oven roasted wild mushrooms and balsamic glazed onions with pesto and fresh mozzarella cheese 10.95 half 6.95

CUSTOM SALADS 8.95 small 5.95

served with warm artisan bread

Choice of Greens (choose one or two)

spring mix
hearts of romaine
iceberg lettuce

baby spinach
napa/bok choy mix

Choice of 5 Ingredients (or more @ .75 additional each item)

From the Garden:

artichokes
balsamic glazed onions
fresh tomato
oven roasted 'shrooms
carrots
roasted red peppers
english cucumber
snow peas
red onion
edamame
banana peppers
kalamata olives
fresh basil
jalapeños
cilantro

Fruits:

avocado
orange segments
fresh strawberries
apples
sun dried cranberries

Cheeses:

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

Meats | Eggs | Beans:

pepperoni
smoked bacon
diced egg
black beans

Crunchy Toppings:

caramelized pecans
spicy cashews
roasted peanuts
roasted garlic croutons
crispy wontons

Pasta:

ditalini pasta
glass noodles
fusilli

Choice of Salad Dressing:

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

raspberry basil vinaigrette
maple balsamic vinaigrette
low fat greek dressing
fat free balsamic vinaigrette
fat free raspberry vinaigrette

Add

herb grilled chicken 2.00
grilled portabella mushroom 2.50
grilled salmon 3.50
oven roasted tofu 2.00
thai-chili glazed chicken 3.50

CREATE YOUR PIE 9.95 half 6.95

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)

portabella mushroom
apple wood smoked bacon
red onion
balsamic onions
herb grilled chicken
roasted red pepper
fresh tomatoes
spinach
oven roasted 'shrooms

banana peppers
kalamata olives
ripped basil
black beans
gorgonzola
fresh mozzarella
fresh jalapeños
italian sausage
cilantro

DRINKS

Fountain Drinks – 1.95

Fresh Roasted Coffee / Decaf – 1.95

Assorted Ice Teas – 1.95

Downtown 1111 Main Street • 816.994.3350

Ingredient Caters

Ask management for details