

(in·grē·di·ent)

v: formulate satisfaction

a chef-owned establishment

SIGNATURE ENTREE SALADS *served with warm artisan bread*

Little Apple

spring greens, green apple, caramelized walnuts, and creamy gorgonzola cheese finished with raspberry vinaigrette 8.95 add chicken 2.00 add salmon 4.50

Heartland Crispy Chicken

field greens, crispy chicken tenderloin, applewood smoked bacon, sharp cheddar, caramelized pecans, red onion, with peppercorn ranch dressing 8.95

Sweet Leaf

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

California Cobb

field greens, fusilli pasta, avocado, herb grilled chicken, egg, balsamic glazed onions, roma tomato, cucumber, and cheddar cheese with peppercorn ranch dressing 10.95

Crispy Asian

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

Salmon Flats ①

grilled cajun salmon, crisp greens, avocado, roasted red peppers, black beans, roma tomato and fresh cilantro layered between crisp tortillas with our roasted garlic chipotle dressing 11.95

Hail Caesar

hearts of romaine, shaved parmesan cheese, garlic croutons, and caesar dressing 8.95 add grilled chicken 2.00 add grilled portabella 2.50 add grilled salmon 4.50

SIGNATURE GOURMET PIZZA'S

fresh, hand stretched dough, artisan toppings baked in our 650 degree Wood Stone oven

Roasted Veggie

fire roasted red peppers, 'shrooms, grilled broccoli, red onion, and fresh spinach with rustic red sauce and three-cheese Italian blend 10.95

Meat Lovers

Italian sausage, pepperoni, applewood bacon, capicola ham, with rustic tomato sauce and our three-cheese Italian blend 10.95

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 Italian blend 10.95

Jamaican BBQ Chicken

spicy grilled chicken, diced red onion, jamaican jerk bbq sauce, fresh cilantro and three-cheese Italian blend 10.95

Thai Pie

curry chicken, grilled broccoli, red onions, julienne carrots, thai peanut sauce, fresh cilantro, and chopped peanuts 10.95

Wild Mushroom

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

"R" Margherita

basil pesto, sun dried tomato, and fresh mozzarella 9.95

Caesar's Pie

our brick oven crust, brushed with garlic-infused extra virgin olive oil, and fresh cracked pepper, topped with our famous Caesar salad 8.95 add chicken 2.00 add salmon 4.50

SIGNATURE BURGERS *served with choice of side item or add soup*

I-Crunch Burger ①

1/2 pound beef, topped with sharp cheddar, and applewood bacon. Finished with our crisp red-pepper chips, and red-pepper dijonaise 8.95

M.O.O. Burger ①

1/2 pound beef with roasted mushrooms, caramelized onions, and big-O-Swiss cheese 8.95

Pepper-Cat Burger ①

1/2 pound peppered beef, blue-cheese, smoked applewood bacon, and onion-straws 8.95

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 .75

Honey Wasabi Turkey Burger

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

SIGNATURE SANDWICHES *served with choice of side item or add soup*

Pecan Cranberry Chicken Salad Sandwich

poached all white meat chicken, celery, onion, sun-dried cranberries & toasted pecans tossed in light mayo, and served on multi-grain bread 8.95

Grilled Peppercorn Steak

pepper crusted steak, balsamic glazed onions, bacon blue cheese sauce, and spring greens on grilled ciabatta 10.95

Tuscan Chicken

herb grilled chicken, prosciutto ham, fresh mozzarella topped with spring greens, and roma tomato on grilled ciabatta 9.95

The BBQ Bird

flame grilled chicken breast topped with our secret recipe bbq sauce, sharp cheddar, and onion straws on a toasted potato bun 8.95

Portabella Melt

grilled portabella cap and eggplant, roasted red peppers and brie cheese topped with cabernet vinaigrette and spicy sprouts on grilled ciabatta 9.95

Grilled Salmon BST ①

grilled salmon, smoked bacon, baby spinach, roma tomato, and avocado finished with warm maple balsamic vinaigrette on grilled ciabatta 11.95

French Dip Au Jus

sliced oven roasted beef and provolone cheese, piled on butter toasted French bread. Au Jus for dipping 10.95

WRAPS AND MORE *served with choice of side item or add soup*

Crispy Buffalo Chicken Wrap

crispy chicken tenderloins, spicy buffalo sauce, peppercorn ranch, crisp greens, and red onion all wrapped in a jumbo flour tortilla 8.95

Vietnamese Dim Sum Wrap

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

Grilled Veggie & Hummus Wrap

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

Spicy B.L.T. Wrap

crisp applewood bacon, cheddar cheese, roma tomato, crisp spring greens, and spicy sprouts with sriracha aioli 8.95

Falafel Pita

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

Mahi-Mahi Taco's ①

mahi-mahi, charred pico de gallo, cilantro, and mexican queso fresco in grilled soft tortillas 10.95

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CREATE YOUR OWN SALAD

8.95 served with warm artisan bread

1 Select Your Greens

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

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

From the Garden:

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

Fruits:

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

Cheeses:

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

Pasta:

fusilli
glass noodles

Meats | Eggs | Beans:

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

Crunchy Toppings:

caramelized almonds
caramelized pecans
caramelized walnuts
crispy tortilla strips
crispy wontons
onion straws
roasted garlic croutons
roasted peanuts
spicy cashews
sunflower seeds

3 Choose Your Salad Dressing:

cabernet vinaigrette peppercorn ranch
caesar raspberry basil vinaigrette
creamy gorgonzola roasted garlic chipotle
low fat ranch sesame ginger
maple balsamic vinaigrette tzatziki
oil and vinegar

4 Add Something Special:

herb-grilled chicken 2.00 mahi-mahi 4.50
grilled portabella mushroom 3.50 thai-chili glazed steak 3.50
grilled salmon 4.50

CREATE YOUR OWN PIZZA

9.95 all pies topped with three-cheese Italian blend

1 Pick Your Sauce

alfredo roasted garlic oil
basil pesto tomato pommodoro
jamaican BBQ

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

From the Garden:

artichoke hearts
balsamic onions
banana peppers
black beans
fresh jalapeños
fresh spinach
grilled broccoli
kalamata olives

oven roasted mushrooms
pineapple
portabella mushroom
red onion
ripped basil
roasted red pepper
roma tomato
sun-dried tomato

Meats:

capicola ham
grilled chicken
italian sausage
pepperoni
smoked bacon

Add a Special Cheese

cheddar cheese gouda cheese
feta cheese parmesan cheese
fresh mozzarella provolone
gorgonzola cheese

CREATE YOUR OWN BURGER

8.95

all custom burger's served with lettuce, tomato, onion, pickle garnish, and choice of side item

1 Choose Your Meat

beef ① turkey
chicken breast veggie
portabella cap

2 Pick a Bun

ciabatta potato

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

avocado siracha aioli
balsamic onions smoked bacon
banana peppers peanut butter
BBQ sauce
fried egg
fire roasted green chili
grilled onions
honey wasabi glaze
jalapeño
red-pepper dijonaise
roasted mushrooms
roasted red peppers

Cheeses:

american cheese
big-eye-swiss
cheddar cheese
feta cheese
fresh mozzarella
gorgonzola cheese
parmesan cheese
pepper jack

CREATE A COMBO

8.95

1 Pick Your Half

1/2 - "sandwich of the day"
1/2 - "pizza of the day"
1/2 - pecan cranberry chicken salad sandwich
1/2 - custom salad (choose up to 3 ingredients)

2 Choose Your Side

side caesar salad
side house salad
cup of soup
grilled & chilled mixed veggies

SOUPS

4 prepared fresh daily cup 4.00 bowl 5.95

SIDES

hot-pepper chips, daily pasta salad, grilled & chilled mixed veggies,
low-fat cottage cheese, or french fries 1.95 green apple 1.00

DRINKS

fountain drinks featuring Pepsi products: 1.95 assorted bottled juices: 2.50

hot tea and coffee: 1.95 iced tea: black china, raspberry, and mango 1.95

milk: white and chocolate 2.50

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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① WARNING: Consuming raw or under-cooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

menu subject to change