(in•grē•di•ent)

v: formulate satisfaction

a chef-owned establishment

SIGNATURE ENTREE SALADS *served with warm artisan bread*

Hail Caesar
hearts of romaine, shaved parmesan cheese, garlic croutons, and caesar dressing 7.95
add grilled chicken 2.50 add grilled portobello 3.00 add grilled salmon 4.00

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

Granny Smith
spring greens, green apple, caramelized walnuts, and creamy gorgonzola cheese finished with raspberry vinaigrette 8.95 add grilled chicken 2.50

Heartland Crispy Chicken
field greens, crispy chicken tenderloin, applewood smoked bacon, sharp cheddar, caramelized pecans, red onion, with peppercorn ranch dressing 9.95

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

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

SIGNATURE GOURMET PIZZA'S

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

Roasted Veggie
fire roasted red peppers, 'shrooms, grilled broccoli, red onion, and fresh spinach with tomato pomodoro and three-cheese Italian blend 10.95

Meat Lovers
Italian sausage, pepperoni, applewood bacon, capicola ham, with tomato pomodoro and our three-cheese Italian blend 10.95

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

The Corner Pie
capicola ham, pepperoni, banana peppers, olives, roasted peppers with tomato pomodoro 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 10.95

"R" Margherita
basil pesto, sun dried tomato, and fresh mozzarella 10.95

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 7.95 add chicken 2.50 add salmon 4.00

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

Honey Wasabi Turkey Burger
fresh seasoned ground turkey, provolone cheese, crisp lettuce, and roma tomato with spicy sriracha aioli 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 .95

The Big-O-Burger ⓘ
seared beef with roasted mushrooms, caramelized onions, and big-O-Swiss cheese 9.95

I-Crunch Burger ⓘ
seared beef, topped with sharp cheddar, and applewood bacon. Finished with our crisp red-pepper chips, and red-pepper dijonaise 9.95

Blue-Jay Burger ⓘ
seared peppered beef, blue-cheese, smoked applewood bacon, and onion-straws 9.95

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

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

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 10.95

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

Portobello Melt
grilled portobello cap and eggplant, roasted red peppers and brie cheese topped with cabernet vinaigrette and spicy sprouts on grilled ciabatta 10.95

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

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 9.95

Grilled Veggie & Hummus Wrap
grilled seasonal vegetables, hummus, feta cheese, kalamata olives, and crisp lettuce with tzatziki sauce 9.95

Spicy B.L.T. Wrap
crisp applewood bacon, cheddar cheese, roma tomato, crisp spring greens, and spicy sprouts with sriracha aioli 9.95

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

Mahi Mahi Taco's ⓘ
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*

❶ Select Your Greens

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

❷ Choose Your Ingredients (up to 5, each additional is .95)

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 I Eggs I Beans:
black beans
capicola ham
diced egg
genoa salami
hummus
pepperoni
smoked bacon

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

❸ Choose Your Salad Dressing:

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

❹ Add Something Special:

herb-grilled chicken 2.50
grilled portobello mushroom 3.00
grilled salmon 4.00
mahi mahi 4.00
thai-chili glazed steak 4.00

CREATE YOUR OWN PIZZA 9.95 *all pies topped with three-cheese Italian blend*

❶ Pick Your Sauce

alfredo
basil pesto
jamaican BBQ
roasted garlic oil
tomato pomodoro

❷ Choose Your Ingredients (up to 3, each additional is .95)

From the Garden:
artichoke hearts
balsamic onions
banana peppers
black beans
fresh jalapeños
fresh spinach
grilled broccoli
kalamata olives
oven roasted mushrooms
pineapple
portobello 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
feta cheese
fresh mozzarella
gorgonzola cheese
gouda cheese
parmesan cheese
provolone

CREATE YOUR OWN BURGER 9.95

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

❶ Choose Your Meat

beef ⓘ
chicken breast
portobello cap
turkey
veggie

❷ Pick a Bun

ciabatta
split-top

❸ Choose Your Toppings (up to 3, each additional is .95)

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

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

CREATE A COMBO 8.95

❶ 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)

❷ 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 2.50 green apple 1.00

DRINKS

fountain drinks featuring Pepsi products: 1.99 **assorted bottled juices:** 2.50
hot tea and coffee: 1.99 **iced tea:** black china, raspberry, and mango 1.99
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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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 foodborne illness.

menu subject to change