

(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

Tuna Nicoise

grilled ahi tuna, crisp greens, egg, roma tomato, green beans, imported olives, potatoes and red onions tossed in our parisian mustard vinaigrette. 10.95

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 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

HOT OFF THE GRILL SANDWICHES

sandwiches served with a choice of hot-pepper chips, daily pasta salad, grilled and chilled vegetables, low fat cottage cheese or crisp apple

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

Cajun Tuna Melt

blackened ahi tuna, crisp butter lettuce, roma tomato and tillamook cheddar topped with a fire roasted green chili aioli 9.95

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

West Coast Veggie Burger

house made grilled vegetable patty topped with avocado, spicy sprouts, and roma tomato with Roasted garlic aioli 7.95 add cheese .50

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

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

WORLD OF WRAPS

wraps served with a choice of hot-pepper chips, daily pasta salad, grilled and chilled vegetables, low fat cottage cheese or crisp apple

Mahi Tacos

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

Spicy BIt

apple wood smoked bacon, tillamook cheddar, crisp lettuce, roma tomato, spicy sprouts and sriracha aioli wrapped in a jumbo flour tortilla 7.95

Vietnamese Dim Sum Chicken

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

Falafel Sandwich

a mediterranean favorite - topped with shredded lettuce, tomatoes, red onions and tatziki sauce served on soft pita bread 7.95

Grilled Vegetable and Hummus

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

GOURMET PIZZAS

Spin-Dip

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

The Corner Pie

capocola 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

Mexicali Pizza

chorizo, black beans, cilantro, onions, jalapeños, and salsa topped with cheddar and pepper jack cheese served with shredded lettuce and sour cream. 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

v: formulate satisfaction

CUSTOM SALADS 8.95

Choice of Greens (choose one or two)

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

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

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

Choice of Salad Dressing:

creamy gorgonzola
peppercorn ranch
honey lime mustard
roasted garlic chipotle
sesame ginger
caesar
low fat ranch
parisian mustard vinaigrette
fat free raspberry vinaigrette

Add

herb grilled chicken 2.00
citrus grilled salmon 3.50
oven roasted tofu 2.00
blackened mahi 3.50
falafel 2.50

Cheeses:

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

Meats | Eggs | Beans:

pepperoni
capocola 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
fat free balsamic vinaigrette

thai-chili glazed steak 3.50
grilled portobella mushroom 2.50
pulled red chili turkey 2.00
ahi tuna 4.00

CREATE YOUR PIE 9.95

all pies topped with three cheese blend

Choice of Sauce

alfredo basil pesto
roasted garlic oil tomato pomodoro

Choice of 3 Ingredients (or more @ 1.00 additional each item)

chicken apple sausage artichoke hearts
capocola ham pepperoni
portobella mushroom grilled broccoli
apple wood smoked bacon banana peppers
red onion kalamata olives
balsamic onions grilled pineapple
grilled chicken ripped basil
roasted red pepper black beans
roma tomatoes gorgonzola
spinach fresh jalapeños
soy mozzarella chorizo
pepper jack goat 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!

Plaza 4807 Jefferson 816.994.3393

Downtown 1111 Main Street 816.994.3350

Leawood 11563 Ash Street 913.948.6800

(Located in Park Place @ 117th & Nall)

Lawrence 947 Massachussets 785.832.0100

Columbia 304 South 9th Street 573.442.1502

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