

SNACKS

HUMMUS OF THE DAY 8

baked pita bread, cucumbers, or both

THREE DIPS & CHIPS 9

house-made pimento cheese, chipotle salsa, guacamole, corn tortilla chips

Sandwiches

CHOICE OF: HOUSE-MADE POTATO CHIPS, SWEET POTATO FRIES, FRIES, FRESH FRUIT, OR CREAMY COLE SLAW. GLUTEN-FREE BREAD \$1.

CHICKEN SALAD 10

garlic aioli, spring mix, nine grain

SALMON* BLT 12

lettuce, tomato, bacon, herb aioli, nine grain

CHICKEN & VEGGIE 10

grilled zucchini & squash, charred radicchio, pesto, garlic aioli, nine grain

INSIDE OUT

GRILLED CHEESE 10

proscuitto, fontina, gouda, brgr mustard, ciabatta

THE NUMBER 9 12

turkey, salami, capicola, provolone, lettuce, tomato, onion, italian vinaigrette, sourdough

YARD BIRD 11

blackened chicken breast, provolone, bacon, spicy rooster mayo, lettuce, tomato, onion, pickle, salt & pepper bun

DAGWOOD 11

roasted turkey, ham, gouda, swiss, bibb lettuce, tomato, red onions, garlic aioli, ciabatta

SALADS

CHOPPED 6.5/12

spring mix, romaine, cranberry, jicama, farro, manchego, grilled chicken, almond champagne vinaigrette

CRISPY CHICKEN 6.5/12

mixed greens, romaine, cheddar & jack cheeses, black bean relish, avocado, bacon, spicy pecans, carrots, chipotle peppercorn ranch

SONOMA 6/11

romaine, swiss chard, kale, roasted peppers, golden beets, goat cheese, cranberries, almonds, sunflower vinaigrette
ADD CHICKEN \$2.5 OR SALMON* \$4

SWEET LEAF 6/11

mixed greens, strawberries, pecans, gorgonzola, raspberry basil vinaigrette
ADD CHICKEN \$2.5 OR SALMON* \$4

SALMON FLATS 8.5/13

romaine, spring mix, cajun salmon, black beans, avocado, cilantro, crispy tortilla, roasted red pepper, pico de gallo, garlic chipotle ranch

FARMHOUSE 6/11

buttercup lettuce, roasted corn, avocado, tomato, fava beans, radish, cherry tomatoes, tarragon, sherry vinaigrette, blue cheese crumbles, blue cheese dressing, red onions, ADD CHICKEN \$2.5 OR SALMON* \$4

ASIAN 6.5/12

thai lettuce mix, chicken, snow peas, cucumber, roasted red pepper, basil, mints leaves, roasted peanuts, crispy wontons, radish, mandarin oranges, jicama, sesame ginger dressing

Soups

CUP 3.5 BOWL 5

1/2 SALAD OR MAKE YOUR OWN and CUP OF SOUP 8.95

MAKE your OWN SALAD

1/2 ▶ 6.5
FULL ▶ 10.5

greens CHOOSE 1

MIXED	KALE
ROMAINE	SHREDDED CABBAGE
ICEBERG	BUTTER LETTUCE
SPINACH	

add protein

CHICKEN \$2.5	BURGER \$2.5
SALMON* \$4	TOFU \$2

dressing CHOOSE 1

ALMOND CHAMPAGNE *vinaigrette*
BALSAMIC *vinaigrette*
SUNFLOWER
CHIPOTLE PEPPERCORN RANCH
SESAME GINGER
CREAMY BLUE CHEESE
CREAMY BALSAMIC *vinaigrette*

toppings CHOOSE 3

MARINATED MUSHROOMS	DRIED FRUIT
GOLDEN BEETS	CRANBERRIES
ROASTED PEPPERS	APPLES
BANANA PEPPERS	STRAWBERRIES
BLACK BEANS	MANDARIN ORANGES
JICAMA	SPICY PECANS
CORN	ALMONDS
SNOW PEAS	ROASTED PEANUTS
EDAMAME	SUNFLOWER SEEDS
ROASTED VEGETABLES	FARRO
FAVA BEANS	GOAT CHEESE
FRESH BASIL CUCUMBERS	PARMESAN
AVOCADO	FETA
CHERRY TOMATOES	BLUE CHEESE
RED ONION	CHEDDAR
	CRISPY WONTONS

SERVED 10:30AM-9PM

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choice of:

HOUSE-MADE POTATO CHIPS, SWEET POTATO FRIES, FRIES, FRESH FRUIT, OR CREAMY COLE SLAW.

BURGERS

1/2 LB. CHUCK & SHORT RIB BLEND. MAKE ANY BURGER BISON \$3.
ADD ORGANIC EGG \$2. GLUTEN-FREE BUN \$1.

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| WILD ONE* <small>gf</small> OPTION 10.5
wild mushroom, bacon, gruyère,
pretzel bun | NUMBER 3* <small>gf</small> OPTION 9.75
mixed with peppered bacon,
white onions, bread & butter pickles,
triple american cheese, special sauce,
brioche bun |
| PALOMINO* <small>gf</small> OPTION 10.5
caramelized onions, watercress, blue
cheese, horseradish pepper sauce,
pretzel bun | PLAIN JANE* <small>gf</small> OPTION 9.5
lettuce, tomato, onion, cheddar,
salt & pepper bun |
| | ROADHOUSE* <small>gf</small> OPTION 11
bacon, wisconsin cheddar, onion
straws, bbq sauce, corn bun |

MAKE

your OWN BURGER* 10.5

bun CHOOSE 1

PRETZEL
SALT & PEPPER
WHEAT
GLUTEN FREE \$1

sauce CHOOSE 1

GARLIC AIOLI
HORSERADISH PEPPER
RUSSIAN DRESSING
ITALIAN VINAIGRETTE
BASIL PESTO
CHIPOTLE RANCH

toppings CHOOSE 3

CHEDDAR	LETTUCE
PROVOLONE	TOMATO
SWISS	RED ONIONS
GRUYERE	PICKLES
FONTINA	AVOCADO
GOUDA	SAUTÉED MUSHROOMS
GORGONZOLA	FRIED ONIONS
WHITE AMERICAN	
TURKEY BACON	
BACON	
PROSCUITTO	
CAPICOLA	

not-so BURGERS

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| VEGGIE BURGER <small>gf</small> OPTION 10
avocado, sprouts, tomato, garlic,
provolone, aioli, nine grain | TURKEY BURGER <small>gf</small> OPTION 11
avocado, tomato, turkey bacon,
swiss, pesto, wheat bun |
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Plates

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| PIBIL TACOS <small>gf</small> 13
yucatan-style roasted pork,
pickled purple onions, cilantro,
jalapeño purée, black beans,
pico de gallo, white corn tortillas | HOUSE-MADE CHICKEN TENDERS 12
cole slaw, fries, honey mustard, ranch |
| CAVE MAN WINGS <small>gf</small> 10
spicy sweet & sour sauce, cilantro,
fries | TERIYAKI RICE BOWL 13
asian veggies, sesame, teriyaki sauce,
jasmine rice CHICKEN OR TOFU |
| FISH & CHIPS 13
beer-battered cod, fries, cole slaw | |

in·grē·di·ent™
TRUE EATERY

304 SOUTH 9TH STREET #101
COLUMBIA MO 65201

ingredienteatery.com
573-442-1503

SERVED 10:30AM-9PM

THE FINE PRINT

*Consuming raw or undercooked meats, poultry, or eggs may increase your risk of foodborne illness. We use nuts and nut based oils in most of our menu items. Please let us know if you are allergic to any foods.

gf OPTION - must request gluten free gf GLUTEN FREE