

gf: gluten free

CUSTOM SALADS 8.95

served with warm artisan bread

Choice of Greens (choose one or two)

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

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
- spicy sprouts
- english cucumber
- snow peas
- herb-roasted potatoes
- roasted beets
- red onion
- scallions
- sweet peas
- edamame
- hearts of palm
- marinated artichoke hearts
- fresh basil
- jalapenos

Fruits

- avocado
- apples
- spiced anjou pears
- orange segments
- fresh strawberries
- sun dried cranberries
- golden raisins
- red seedless grapes

Cheeses

- fresh mozzarella
- parmesan cheese
- gorgonzola cheese
- tillamook cheddar cheese
- goat cheese
- feta cheese
- fontina cheese
- gouda cheese
- soy mozzera

Meats/Eggs/Beans

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

Crunchy Toppings

- pine nuts
- caramelized pecans
- sunflower seeds
- roasted peanuts

Choice of salad dressing

- creamy gorgonzola
- peppercorn ranch
- honey lime mustard
- roasted garlic chipotle
- caesar
- tatziki
- fat free raspberry vinaigrette
- raspberry basil vinaigrette
- maple balsamic vinaigrette
- cabernet vinaigrette
- mango cider vinaigrette
- fat free raspberry vinaigrette
- oil and vinegar

Add

- herb grilled chicken 2.00
- herb grilled salmon 3.50
- oven roasted tofu 2.00
- herb grilled mahi 3.50
- herb grilled steak 3.50
- grilled portobella mushroom 2.50
- herb grilled ahi tuna 4.00

CREATE YOUR PIE 10.95

all pies topped with three cheese blend and baked with gluten free crust in brick oven on a gluten free pan

Choice of sauce

- alfredo
- hand crushed tomatoes
- basil pesto

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

- chicken apple sausage
- capicola ham
- portobella mushroom
- apple wood smoked bacon
- red onion
- balsamic onions
- grilled chicken
- roasted red pepper
- soy mozzarella
- artichoke hearts
- pepperoni
- ripped basil
- black beans
- gorgonzola
- fresh jalapenos
- roma tomatoes
- spinach

At ingredient we strive to meet all of your personal dietary needs. While we have identified a number of menu items that are not prepared with any gluten, we are working in a non gluten free environment while preparing these items.