



ALWAYS GRASS FED,
ALWAYS GRASS FINISHED



NEVER EVER
ANTIBIOTICS,
OR HORMONES.

100% GRASS FED;
NO GRAIN
OR ANIMAL
BY-PRODUCTS.

BORN, PASTURE
RAISED IN THE
USA.

TONI'S DEVEILED EGGS	3⁷⁵
german mustard, goat cheese, pickled beet	
FRESH SHATTERED POTATO CHIPS	4⁹⁰
sea salt, cracked pepper with lebni and/or homemade lacto fermented hot sauce (v)	
INGO'S CHOPPED CHEF SALAD	9⁷⁵
romaine, arizona dates, white beans, avocado, cheese, almonds	
ORANGE AND FENNEL SALAD	9⁷⁵
spinach, arugula, goat cheese, avocado, almonds, gastrique onions	
KALE AND QUINOA SALAD	9⁷⁵
sunflower seeds, grapes, preserved lemon, red peppers, manchego, fresh parmesan (v)	
TROUBADOUR EGG SANDWICH*	8⁵⁰
english muffin, arugula, baby swiss, avocado, our hot sauce (v)	
HEIRLOOM BROWN RICE BOWL	9⁷⁵
sorrel pesto, kale, sweet potato, feta, pepitas and sesame seeds, soft boiled egg (v)	
FISH & CHIPS*	10⁵⁰
crispy white fish, shattered chips, tartar sauce	
THE DUCHESS	9⁷⁵
oven roasted tri tip sliced to order, au jus, house-made horseradish sauce	
WHITE FISH CLUB SANDWICH	10⁵⁰
crispy loup de mer, tartar sauce, lettuce, tomato, pickle	
CRISPY CHICKEN SAMMY	8⁹⁵
100% all natural chicken breast, dill pickle, spicy aioli, apple	
BLACK BEAN BURGER (vegan).....	8⁹⁵
cashews, poblano peppers, lettuce, tomato, pickle, house made vegan nut cheese - spicy!	
FARMER'S DAUGHTER BURGER*	9⁵⁰
grass fed beef, toasted bun, dijonnaise, baby swiss, sauerkraut	
CHEESEBURGER*	9²⁵
grass fed beef, cheddar, lettuce, tomato, russian dressing, pickle	
PARIS TEXAS BURGER*	9⁷⁵
grass fed beef, apple bbq sauce, smoked bacon, cheddar cheese, lettuce, dill pickle	

1) kids (12 and under) grilled cheese 3⁷⁵

2) upgrade w/ an egg* +1⁰⁰

3) wrap your salad n/c

4) "adam & eve" style on any burger n/c

5) add grass fed patty/crispy chicken to salad +4 add white fish +6

6) (v) vegetarian or can be made vegetarian



Please alert us at beginning of your meal to ALL possible food allergies.

*State Health code requires us to inform you: these items contain (or may contain) raw or undercooked ingredients.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

COCKTAILS

Happy Hour every day 4-7pm
5.00 signature cocktails

INGO'S GREYHOUND *rocks* 8
gin, fresh grapefruit, lemon, mint *frozen* 8

LAVENDER LEMONADE 8
vodka, fresh lemon juice, lavender

DIEGO RIVERA 8
milagro silver tequila, fresh citrus, thyme



only the best: fords gin, flor de caña rum,
bulleit bourbon, tito's handmade vodka, and frida kahlo blanco tequila

LGO PROPRIETARY WINES

..... glass / bottle

FARM TABLE RED 7/17

CLEAN + BRIGHT CHARDONNAY 7/17

FARM TABLE ROSÉ 7/17

LGO PÈRE LACHAISE SPARKLING 25

BEER

..... 16oz can

WREN HOUSE 'BIG SPILL' PILS 8
phoenix, arizona 4.7%

THE SHOP BEER CO 'CHURCH MUSIC' IPA 8
tempe, arizona 6.7%

MORE BEVERAGES HERE

ICED TEA black or green 24oz/32oz..... 2⁷⁵/3⁹⁰

HOUSEMADE LEMONADE 24oz/32oz..... 3⁰⁰/4⁰⁰

COKE with pure sugar cane 3²⁵

DIET COKE 3⁰⁰

SAN PELLEGRINO ARANCIATA 3²⁵

TOPO CHICO MINERAL WATER 3²⁵

PURELY SEDONA STILL WATER 330ml 3²⁵



DOWNLOAD THE INGO'S TASTY FOOD APP
CONVENIENT DELIVERY & CURBSIDE AT YOUR FINGERTIPS!