


- TONI'S DEVILED EGGS** .....5.00  
German mustard, Laurel Chanel goat cheese, pickled beet
- FRESH SHATTERED POTATO CHIPS** .....6.00  
sea salt, cracked pepper, served with lebni and/or homemade lacto-fermented hot sauce (v)
- INGO'S CHOPPED CHEF SALAD** .....11.75  
romaine, Arizona dates, Manchego cheese, avocado, white beans, Marcona almonds, Mama Lil's peppers (v)
- ORANGE AND FENNEL SALAD** .....11.75  
spinach and arugula, Laurel Chanel goat cheese, Marcona almonds, gastrique onions, avocado (v)
- KALE AND QUINOA SALAD** .....11.75  
black Tuscan kale, Manchego cheese, parmesan, sunflower seeds, grapes, red bell pepper, preserved lemon (v)
- HEIRLOOM BROWN RICE BOWL** .....12.50  
sorrel pesto, kale, sweet potato, feta cheese, pepitas, pickled mushrooms, 5-minute egg (v)

**★ PROTEINS EXTRAS ADD-ONS**

- crispy or grilled 100% all natural **chicken** +5
- sustainably caught Mediterranean **Loup de Mer** +8
- certified angus **beef patty**, ground in-house +4
- grass-fed beef patty**, ground in-house +6
- fresh **egg** prepared your style +1



- TROUBADOUR EGG SANDWICH** .....10.50  
English muffin, arugula, baby swiss, avocado, lacto-fermented hot sauce (v)
- WHITE FISH CLUB SANDWICH** .....16.00  
crispy Loup de Mer, tartar sauce, lettuce, tomato, pickle
- CRISPY CHICKEN SAMMY** .....11.75  
100% all natural chicken breast, pickle, spicy aioli, apples
- FISH & CHIPS\*** .....16.00  
crispy Loup de Mer, shattered chips, tartar sauce
- THE ATHENA "ALL VEGETABLE" SANDWICH** .....12.00  
Noble multigrain bread, pomegranate lebni, sprouts, California avocado, cucumber, onion, marinated and roasted red pepper, sun-dried tomato (v)
- BLACK BEAN BURGER** .....10.50  
cashews, poblano peppers, lettuce, tomato, pickle, housemade vegan nut cheese—spicy! (v)
- FARMER'S DAUGHTER BURGER\*** .....10.75  
certified angus beef, dijonnaise, baby Swiss, sauerkraut, sesame seed bun > *upgrade to grass-fed beef +2*
- CHEESEBURGER\*** .....10.50  
certified angus beef, Wisconsin cheddar, lettuce, tomato, pickle, Russian dressing, sesame seed bun > *upgrade to grass-fed beef +2*
- PARIS TEXAS BURGER\*** .....10.75  
certified angus beef, bacon, hickory bbq sauce, Wisconsin cheddar, lettuce, pickle, sesame seed bun > *upgrade to grass-fed beef +2*
- KIDS GRILLED CHEESE (12 and under)** .....4.00

"adam & eve" sandwich or burger (no charge) (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.

## HANDCRAFTED COCKTAILS

GLASS LITER

<b>INGO'S GREYHOUND</b> ..... <i>on DRAFT</i> .....rocks 9.75/41.00	
Ford's gin, fresh grapefruit, lemon	frozen 9.75/28.00
<b>LAVENDER LEMONADE</b> .....9.75/41.00	
Prairie organic vodka, fresh lemon juice, lavender	
<b>DIEGO RIVERA</b> .....9.75	
silver tequila, fresh citrus, thyme	



Proudly serving: Ford's gin, Prairie organic vodka,  
Flor De Caña rum, Old Forester bourbon, Milagro silver tequila

**TAKE IT  
TO GO**

16 oz serves 2-3 .....	22.00
32 oz serves 4-5 .....	40.00
<b>Frozen Greyhound</b> single ....	9.75

## WINE

GLASS BOTTLE

<b>2021 ATLANTIQUE ROSÉ</b> .....	8.00/24.00
easy drinking, picnic style	
<b>2021 ESSAY WHITE BLEND</b> .....	8.00/24.00
fresh, fruity, crisp	
<b>2020 OCNAUTIC CABERNET SAUVIGNON</b> .....	8.00/24.00
splashy, medium body	

## BEER

GLASS PITCHER

<b>WREN HOUSE 'BIG SPILL' PILS</b> .....	8.00/23.00
Phoenix, Arizona 4.7%	
<b>GREENWOOD 'WARRIOR HAZY' IPA</b> .....	8.00/23.00
Phoenix, Arizona 6.5%	

## MORE TASTY BEVERAGES

<b>ICED TEA</b> 24oz/32oz .....	3.50/4.50
<b>COONAWARA ICED GREEN TEA</b> 24oz/32oz.....	3.50/4.50
<b>HOUSEMADE LEMONADE</b> 24oz/32oz .....	3.50/4.50
<b>COKE</b> with pure cane sugar.....	3.75
<b>DIET COKE</b> .....	3.00
<b>SPRITE</b> with pure cane sugar.....	3.75
<b>SAN PELLEGRINO ARANCIATA</b> .....	3.25
<b>TOPO CHICO MINERAL WATER</b> .....	3.75
<b>AQUA PANNA STILL WATER</b> 500ml .....	4.00



**Skip the lines!** 

DOWNLOAD INGO'S TASTY FOOD APP FOR  
EASY CURBSIDE PICKUP AND DELIVERY.

