



DEVILED EGGS5
German mustard, Laurel Chanel goat cheese, cornichons

CUCUMBERS AND FETA4.5
cucumbers, dill, feta, sesame seeds, vinaigrette (v)

SHATTERED POTATO CHIPS6.5
sea salt, cracked pepper, served with lebni and/or homemade lacto-fermented hot sauce (v)

INGO'S CHEF SALAD13
romaine, Arizona dates, Manchego cheese, avocado, white beans, Marcona almonds, Mama Lil's peppers (v)

ORANGE AND FENNEL SALAD11.75
spinach and arugula, Laurel Chanel goat cheese, Marcona almonds, gastrique onions, avocado, house vinaigrette (v)

KALE AND QUINOA SALAD13
black Tuscan kale, Manchego cheese, parmesan, sunflower seeds, grapes, red bell pepper, preserved lemon, chervil dressing (v)

HEIRLOOM BROWN RICE BOWL13.5
sorrel pesto, kale, feta, pepitas, pickled mushrooms, sesame seeds, fresh dill, 5-minute egg (v)

PROTEINS, ADD-ONS, EXTRAS

- crispy or grilled all-natural **chicken** +5
- sustainably caught **Loup de Mer** +8
- beef patty**, ground in-house +5
- fresh egg** prepared your style +1.5
- grass-fed beef patty**, ground in-house +6

TROUBADOUR EGG SANDWICH12
English muffin, arugula, baby swiss, avocado, lacto-fermented hot sauce (v)

WHITE FISH CLUB SANDWICH16.5
crispy Loup de Mer, tartar sauce, lettuce, tomato, pickle

CRISPY CHICKEN SAMMY12.5
100% all natural chicken breast, pickle, spicy aioli, green apples

FISH & CHIPS*17
crispy Loup de Mer, shattered chips, tartar sauce

THE ATHENA 'ALL VEGETABLE' SANDWICH13
Noble multigrain bread, pomegranate lebni, sprouts, California avocado, cucumber, onion, marinated & roasted red pepper, sun-dried tomato (v)

BLACK BEAN BURGER10.5
cashews, poblano peppers, lettuce, tomato, pickle, housemade vegan nut cheese—spicy! (v)

FARMER'S DAUGHTER BURGER*12
certified angus beef, dijonnaise, baby Swiss, sauerkraut, sesame seed bun > upgrade to grass-fed beef +3.5

CHEESEBURGER*11
certified angus beef, Wisconsin cheddar, lettuce, tomato, pickle, Russian dressing, sesame seed bun > upgrade to grass-fed beef +3.5

PARIS TEXAS BURGER*12
certified angus beef, bacon, hickory bbq sauce, Wisconsin cheddar, lettuce, pickle, sesame seed bun > upgrade to grass-fed beef +3.5

KIDS GRILLED CHEESE (12 and under)4



GF: lettuce wrap sandwich/burger (v) vegetarian or can be made vegetarian



We proudly serve 100% all natural hormone and antibiotic free chicken and certified black angus beef ground in house



Cocktails AND CARAFES!

glass 10 carafe 25 (serves 3)

INGO'S GREYHOUND

Prairie Organic gin, fresh grapefruit, lemon

LAVENDER LEMONADE

Prairie Organic vodka, fresh lemon juice, lavender

DIEGO RIVERA

silver tequila, fresh citrus, thyme

STRAWBERRY SPRITZ

vodka, prosecco, Cappelletti, fresh strawberry reduction



TAKE IT TO GO

16 oz rocks serves 2-322

32 oz rocks serves 4-540

Frozen Greyhound single10

WINE

GLASS BOTTLE

2021 ATLANTIQUE ROSÉ8/24

easy drinking, picnic style

2021 ESSAY WHITE BLEND8/24

fresh, fruity, crisp

2020 OCNAUTIC CABERNET SAUVIGNON8/24

splasy, medium body

BEER

GLASS PITCHER

WREN HOUSE 'BIG SPILL' PILS8/23

Phoenix, AZ 4.7%

GREENWOOD 'WARRIOR HAZY' IPA8/23

Phoenix, AZ 6.5%

ATHLETIC 'UPSIDE DAWN' GOLDEN6 (12 OZ. CAN)

Stratford, CT, Non-Alcoholic

MORE TASTY BEVERAGES

SIGNATURE ICED TEA green or black3.5/4.5

HOUSEMADE LEMONADE 24oz/32oz3.5/4.5

COKE with pure cane sugar3.75

DIET COKE3

SPRITE with pure cane sugar3.75

SAN PELLEGRINO ARANCIATA3.25

TOPO CHICO MINERAL WATER3.75

AQUA PANNA STILL WATER 500ml.....4



SKIP THE LINES!

Download our Ingo's Tasty Food app for easy curbside pickup and delivery.



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.