



<b>DEVILED EGGS</b> .....	5
German mustard, Laurel Chanel goat cheese, cornichons	
<b>CUCUMBERS AND FETA</b> .....	4.5
cucumbers, dill, feta, sesame seeds, vinaigrette (v)	
<b>SHATTERED POTATO CHIPS</b> .....	6.5
sea salt, cracked pepper, served with lebni and/or homemade lacto-fermented hot sauce (v)	
<b>INGO'S CHEF SALAD</b> .....	13
romaine, Arizona dates, Manchego cheese, avocado, white beans, Marcona almonds, Mama Lil's peppers (v)	
<b>ORANGE AND FENNEL SALAD</b> .....	11.75
spinach and arugula, Laurel Chanel goat cheese, Marcona almonds, gastrique onions, avocado, house vinaigrette (v)	
<b>KALE AND QUINOA SALAD</b> .....	13
black Tuscan kale, Manchego cheese, parmesan, sunflower seeds, grapes, red bell pepper, preserved lemon, chervil dressing (v)	
<b>HEIRLOOM BROWN RICE BOWL</b> .....	13.5
sorrel pesto, kale, feta, pepitas, pickled mushrooms, sesame seeds, fresh dill, 5-minute egg (v)	

## PROTEINS, ADD-ONS, EXTRAS

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

<b>TROUBADOUR EGG SANDWICH</b> .....	12
English muffin, arugula, baby swiss, avocado, lacto-fermented hot sauce (v)	
<b>WHITE FISH CLUB SANDWICH</b> .....	16.5
crispy Loup de Mer, tartar sauce, lettuce, tomato, pickle	
<b>CRISPY CHICKEN SAMMY</b> .....	12.5
100% all natural chicken breast, pickle, spicy aioli, green apples	
<b>FISH &amp; CHIPS*</b> .....	17
crispy Loup de Mer, shattered chips, tartar sauce	
<b>THE ATHENA 'ALL VEGETABLE' SANDWICH</b> .....	13
Noble multigrain bread, pomegranate lebni, sprouts, California avocado, cucumber, onion, marinated & roasted red pepper, sun-dried tomato (v)	
<b>BLACK BEAN BURGER</b> .....	10.5
cashews, poblano peppers, lettuce, tomato, pickle, housemade vegan nut cheese—spicy! (v)	
<b>CHEESEBURGER*</b> .....	11.5
certified angus beef, Wisconsin cheddar, lettuce, tomato, pickle, Russian dressing, sesame seed bun > upgrade to grass-fed beef +3.5	
<b>FARMER'S DAUGHTER BURGER*</b> .....	12.5
certified angus beef, dijonnaise, baby Swiss, sauerkraut, sesame seed bun > upgrade to grass-fed beef +3.5	
<b>PARIS TEXAS BURGER*</b> .....	12.5
certified angus beef, bacon, hickory bbq sauce, Wisconsin cheddar, lettuce, pickle, sesame seed bun > upgrade to grass-fed beef +3.5	
<b>KIDS GRILLED CHEESE</b> (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 2-3 .....22

32 oz rocks serves 4-5 .....40

Frozen Greyhound single .....10

## WINE

GLASS    BOTTLE

**2021 ATLANTIQUE ROSÉ** .....8/24

easy drinking, picnic style

**2021 ESSAY WHITE BLEND** .....8/24

fresh, fruity, crisp

**2020 OCNAUTIC CABERNET SAUVIGNON** .....8/24

splashy, medium body

## BEER

GLASS    PITCHER

**WREN HOUSE 'BIG SPILL' PILS** .....8/23

Phoenix, AZ 4.7%

**GREENWOOD 'WARRIOR HAZY' IPA** .....8/23

Phoenix, AZ 6.5%

**ATHLETIC 'UPSIDE DAWN' GOLDEN** .....6 (12 OZ. CAN)

Stratford, CT, Non-Alcoholic

## MORE TASTY BEVERAGES

**SIGNATURE ICED TEA** green or black .....3.5/4.5

**HOUSEMADE LEMONADE** 24oz/32oz .....3.5/4.5

**COKE** with pure cane sugar .....3.75

**DIET COKE** .....3

**SPRITE** with pure cane sugar .....3.75

**SAN PELLEGRINO ARANCIATA** .....3.25

**TOPO CHICO MINERAL WATER** .....3.75

**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.