



## catering

let ingredients come to you!  
our high-quality meals can be delivered  
for your next breakfast or lunch meeting.

For more information about  
catering, please call (513) 852-2740



## welcome to ingredients

using only the freshest ingredients,  
our menu allows you to customize your  
meal – from hot breakfast sandwiches  
and pastries, to a “build your own”  
salad station.

enjoy a variety of signature sandwiches  
and salads, panini, brick oven pizza,  
soup & bakery items.

ingredients also features a coffee bar  
and lounge area complete with  
complimentary wireless service!



The Westin Cincinnati  
21 E. 5th Street Cincinnati, Ohio 45202  
Phone (513) 852-2740 Fax (513) 852-2741  
[www.ingredientsforyou.com](http://www.ingredientsforyou.com)

open daily

gourmet salads  
sandwiches • panini  
brick oven pizza • soup  
breakfast • coffee

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dine in & take out



## breakfast specialties

- breakfast panini**.....6.00  
made with two farm fresh eggs & fresh baked breads  
ham & cheddar scramble panini  
egg white & grilled vegetable panini  
egg b.l.t. panini

- brick oven quesadilla**.....7.00  
scrambled eggs, bacon cheddar, potatoes, with salsa

- eggs your way**.....8.50  
two eggs, cooked your way  
with bacon or sausage, hashbrowns & toast

## bagels, cereal & fruit

- fresh baked bagels.....1.00.....with cream cheese 1.50  
plain, cinnamon raisin, poppy seed, everything, sesame

### granola, yogurt & fruit

- yogurt parfait.....3.00  
fresh fruit salad.....3.00

### hot & cold cereal

- steel cut oatmeal.....4.00  
assorted cold cereals.....3.00

## coffee & tea

available hot or iced in small, medium or large

fresh brewed coffee regular or decaf

caffè latte espresso & steamed milk

caffè mocha espresso, cocoa, steamed milk, whipped cream

cappuccino espresso, steamed & foamed milk

ESPRESSO regular or decaf

caffè au lait coffee & steamed milk

caramel macchiato espresso, vanilla syrup, steamed & frothed milk, caramel sauce

caramel mocha espresso, cocoa, caramel, steamed milk, whipped cream

white chocolate mocha espresso, white chocolate, steamed milk, whipped cream

tazo® chai latte steamed milk & black spiced tea

hot chocolate

blended ice mocha coffee, milk, cocoa & ice, topped with whipped cream

blended ice latte coffee, milk & ice, topped with whipped cream

tazo® tea assorted varieties

**We Proudly Brew**  
**STARBUCKS COFFEE**



*(some assembly required)*

## assemble your salad

### step 1: choose your greens

- mixed greens, crisp romaine,  
iceberg lettuce or baby spinach.....6.25

### step 2: choose your fresh ingredients

select up to five, each additional selection .50

almonds	cheddar	mozzarella
asparagus	chickpeas	mushrooms
artichoke	corn	olives
avocado	cranberries	onion
bacon	croutons	parmesan
banana pepper	cucumber	roasted peppers
golden beets	egg	sunflower seeds
black beans	feta	sun-dried tomato
blue cheese	green peas	tomato
broccoli	hearts of palm	

### step 3: choose your protein

- grilled or blackened chicken,  
smoked turkey, ham or tofu.....each protein 1.25

- sliced steak, grilled salmon, blackened shrimp  
or tuna salad.....each premium protein 2.25

### step 4: choose your finish

regular & fat-free selections

ranch	balsamic	oil & vinegar
blue cheese	fat-free french	chipotle vinaigrette
caesar	fat-free italian	roasted garlic vinaigrette
honey mustard	fat-free raspberry	sesame ginger vinaigrette
french	fat-free lemon	white balsamic vinaigrette
1000 island	avocado	

## signature salads.....7.75

### grilled chicken salad

tomatoes, prosciutto, blue cheese, pears, walnuts,  
white balsamic vinaigrette

### blackened shrimp caesar salad

romaine, tomato, egg, parmesan, croutons, bacon

### turkey spinach salad

mozzarella, tomatoes, sunflower seeds, croutons, dried  
cranberries, sprouts, white balsamic vinaigrette

### asian chicken salad

roasted peppers, carrots, scallions, almonds, napa & red  
cabbage, wonton strips, sesame ginger vinaigrette

### super foods salad

grilled salmon, spinach, tomato, red onion, broccoli, edamame,  
asparagus, almonds, roasted garlic vinaigrette

### southwest chicken salad

black beans, corn, tomatoes, tortilla strips, avocado,  
scallions, cilantro, cheddar cheese

## gourmet cold sandwiches.....6.50

### turkey & cranberry

pepper jack, romaine, chipotle cranberry chutney,  
seeded baguette

### dijon chicken salad

chicken salad with apples, walnuts, lettuce, tomato,  
La Baccia bread

### italian club

ham, pepperoni, salami, provolone, lettuce, tomato,  
banana peppers, balsamic

### chicken caesar

grilled chicken, romaine, tomatoes, rustic rosemary bread

### spicy roast beef

thin-sliced roast beef, chipotle mayo, arugula, red onion,  
tomato, focaccia bread

### chicken club

bacon, avocado, mozzarella, tomatoes, herb aioli,  
organic wheat bread

## grilled sandwiches.....6.50

### tomato & mozzarella panini

fresh mozzarella, tomato, pesto, La Baccia bread

### pot roast panini

roasted tomato, caramelized onions, grilled carrots,  
cabbage, swiss, horseradish aioli, organic wheat bread

### cuban press

roasted pork, ham, jack cheese, pickle, dijon mayonnaise,  
focaccia bread

### ham & brie panini

shaved ham, brie, dijon, caramelized onions, La Baccia bread

### turkey club panini

bacon, avocado, tomatoes, mozzarella, herb aioli,  
organic wheat bread

### chicken pesto panini

sliced chicken, pesto, mozzarella, roasted tomato,  
La Baccia Bread

## brick oven pizza.....7.00

10 inch, crispy thin crust with fresh tomato basil sauce  
& topped with mozzarella

### classic tomato & basil

### wild mushroom

### pepperoni

### meat lovers

### four cheese

add additional ingredients for .50 each

## soup of the day.....4.00

menu content & pricing subject to change

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