

catering

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

private dining

ingredients' small private function room
is perfect for a business meeting,
luncheon, or small reception for up
to forty guests.

For more information about
catering or our private function room,
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, and 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

Open Daily



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

dine in & take out



breakfast specialties

- breakfast panini** 7.00
made with two farm fresh eggs & fresh baked breads, also available on fresh baked bagels and english muffins
- ham & cheddar scramble panini
- egg white & grilled vegetable panini
- egg b.l.t. panini

- brick oven quesadilla** 7.50
scrambled eggs, bacon cheddar, potatoes, with salsa

- eggs your way** 9.00
two eggs, cooked your way
with bacon or sausage, hashbrowns & toast

bagels, cereal & fruit

- fresh baked bagels 1.00 with cream cheese 1.60
plain, cinnamon raisin, poppy seed, everything, sesame

- granola, yogurt & fruit**
- yogurt parfait 3.50
- fresh fruit salad 3.50

- hot & cold cereal**
- steel cut oatmeal 4.50
- assorted cold cereals 3.50

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

epresso 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 7.00

- 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,
or blackened shrimp 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 ranch	white balsamic vinaigrette
1000 island	lemon avocado	

signature salads 8.25

- grilled chicken salad**
tomatoes, prosciutto, blue cheese, pears, walnuts, mint,
white balsamic vinaigrette

- go green vegetarian salad**
cucumber, peas, avocado, asparagus, broccoli, feta cheese, lemon
avocado dressing

- turkey spinach salad**
spinach, sunflower seeds, mozzarella cheese, tomato, croutons,
cranberries, smoked turkey, white balsamic vinaigrette

- asian chicken salad**
roasted peppers, carrots, scallions, almonds, napa & red
cabbage, wonton strips, mint, cilantro, 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, jalapeños, chipotle vinaigrette

gourmet sandwiches 7.25

- turkey & cranberry**
pepper jack, romaine, chipotle cranberry chutney,
seeded baguette

- italian club**
ham, pepperoni, salami, provolone, lettuce, tomato, banana peppers,
balsamic, La Baccia bread

- roast beef & cheddar**
sliced roast beef, sautéed onion, lettuce, cheddar cheese,
horseradish spread, focaccia bread

- chicken caesar**
grilled chicken, romaine, tomatoes, parmesan cheese, La Baccia
Bread

- tomato & mozzarella**
fresh mozzarella, tomato, pesto, La Baccia bread

- chicken club**
bacon, avocado, mozzarella, tomatoes, herb aioli, organic wheat
bread

grilled sandwiches 7.25

- grilled vegetable panini**
zucchini, mushroom, roasted peppers, provolone,
herb aioli, focaccia bread

- beef fajita panini**
sliced roast beef, sautéed onion, pepper jack cheese,
chipotle mayo, focaccia bread

- cuban press**
roasted pork, ham, jack cheese, pickle, dijon mayonnaise,
focaccia bread

- turkey club panini**
bacon, avocado, tomatoes, mozzarella, herb aioli,
organic wheat bread

- bbq chicken panini**
sliced chicken breast, sautéed onion, cheddar cheese,
bbq sauce, La Baccia bread

- chicken pesto panini**
sliced chicken, pesto, mozzarella, roasted tomato,
La Baccia Bread

brick oven pizza 8.00

10 inch, crispy thin crust with fresh tomato basil sauce
& topped with mozzarella. Add additional ingredients for .50 each

classic tomato & basil

BBQ chicken & caramelized onion

pepperoni

spinach & mushroom

meat lovers

four cheese

soup of the day 4.00

menu content & pricing subject to change

Phone (513) 852-2740 www.ingredientsforyou.com