

# Main Ingredient

*CATERING • BAKERY • CAFE*

breakfast



# Sweet Treats

served with warm syrup and butter

## cinnamon french toast

cinnamon swirled bread dipped in a cinnamon egg wash and sautéed golden brown - 7.

## fabulous french toast

cinnamon swirled bread dipped in a vanilla cinnamon egg wash and sautéed with bananas - 8.

## snicker-doodle french toast

slices of brioche dipped in vanilla cinnamon egg wash, dredged in cinnamon sugar and sautéed golden brown - 8.

## buttermilk pancakes

short stack - 5. / tall stack - 8.

## banana and almond pancakes

pancakes with almonds and banana baked inside short stack - 7. / tall stack - 9.

## belgian waffle

made with Carbon's golden malted waffle batter - 6.

## CREATE YOUR OWN SWEET

### fruits 1.50/ea.

stewed peaches  
banana  
baked apples  
mixed berry sauce  
fresh blueberries  
fresh strawberries

### creams/sauces 0.75/ea.

whipped cream  
pastry cream  
caramel  
chocolate  
raspberry  
vanilla

### crunch 0.75/ea.

candied pecans  
almonds  
chocolate chips  
granola  
cinnamon chips

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**served with hash browns and choice of toast, english muffin or buttermilk biscuit**  
*(the burrito, chipped beef and mouties do not include additional bread)*

*fresh fruit may be substituted for an additional - 1.50;*

*for items with a bread choice you may substitute a large muffin, bagel, or butter croissant for - 0.75*

### egg special

two eggs cooked to order - 5.  
add bacon or sausage - 2.50  
add canadian bacon - 2.50

### croissant sandwich

two eggs and cheddar cheese served  
on croissant - 6.50  
add bacon or sausage - 2.50  
add canadian bacon - 2.50

### hungarian mushroom scramble

eggs scrambled with our famous hungarian  
mushroom soup (you will never believe how  
good this is) - 8.

### cream chipped beef

served over buttermilk biscuits - 8.

### mouties breakfast

a large pancake stuffed with sausage and scrambled  
eggs rolled and served with warm maple syrup - 9.

### big breakfast

plate of hash browns smothered with our homemade  
cream chipped beef and topped with two fried eggs - 10.

### breakfast burrito

a chipotle pepper tortilla stuffed with scrambled  
eggs, bacon, sausage, green peppers, onion  
and cheddar cheese, served with salsa and  
sour cream on the side - 9.

### chicken & waffles

one golden malted waffle and three southern  
fried chicken tenders served with our honey butter  
and maple syrup - 10.

18% gratuity will be added to all parties of 6 or more. There will be an additional - 3. charge for split plates.

Extra sauces available for - 0.50

visit us at [www.themainingredient.com](http://www.themainingredient.com)

# Old Fashioned

# CREATE YOUR OWN SCRAMBLE OR OMELETTE

made with three eggs and served with hash browns and choice of toast, english muffin or biscuit

*fresh fruit may be substituted for an additional - 1.50*

*a large muffin, bagel or butter croissant may be substituted for an additional - 0.75; smoked salmon add on - 3.*

**one filling - 7.50**

**two fillings - 8.**

**three fillings - 8.50**

*each additional - 0.50*

**egg substitute or  
egg whites add - 1.**

## cheeses & other goodies...

american	goat cheese	spinach
swiss	bacon	mushrooms
provolone	ham	tomatoes
cheddar	sausage	green pepper
feta	roasted red peppers	fresh basil
mozzarella	artichoke hearts	hollandaise
parmesan	black olives	sour cream
gorgonzola	onion	salsa

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## your choice - 10.

served with a side of hash browns

### ultimate mushroom

a three egg omelette stuffed with swiss cheese and our savory mushroom ragout

### benny

a three egg omelette stuffed with canadian bacon and cheddar cheese served over a toasted english muffin and topped with hollandaise

### kitchen sink

a three egg omelette stuffed with bacon, ham, sausage, green pepper, mushroom, onion and cheddar cheese topped with hollandaise

### greek goddess

a three egg omelette stuffed with spinach, artichoke hearts, onion and feta cheese served with a side of sour cream, topped with tomatoes and black olives

### margarita

a three egg omelette stuffed with mozzarella cheese, basil pesto and tomatoes

### working man's

a three egg omelette stuffed with maple sausage, bacon, ham, onions and cheddar cheese

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**all include two poached eggs over a split english muffin with hollandaise and served with hash browns**

*fresh fruit may be substituted for an additional - 1.50*

### the original

canadian bacon and cheddar cheese - 10.

### margarita

fresh mozzarella, tomato, basil and a balsamic drizzle - 12.

### florentine

spinach, artichoke hearts, onion, feta cheese topped with diced tomatoes - 12.

### southern

maple sausage and cheddar cheese over split biscuit, served with hash browns smothered in our homemade cream chipped beef - 12.

### smoked salmon

house smoked applewood salmon, tomato and red onion - 13.

### chesapeake

our signature crab cakes - 16.

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Omelettes

Benedicts

# Cereal Bakery Beverages

caffe pronto coffee - 2.50  
hot spiced tea - 2.50  
hot tea... tazo - 2.50  
hot chocolate... steamed - 3.50  
chai tea - 4.25  
espresso - 2.50  
cappuccino or latte - 4.25  
*add flavor +0.50 (vanilla, chocolate, raspberry, hazelnut)*  
sodas - 2.50  
iced tea - 2.50

bagel & cream cheese - 2.50  
homemade muffin - 1.75  
mini muffin - 1.  
scone - 1.75  
buttermilk biscuits - 2.  
croissant, filled or butter - 2.75  
cinnamon bun - 2.50  
english muffin - 2.  
toast - 2.

granola with bananas - 4.  
oatmeal - 4.  
*served with brown sugar and milk  
add peaches + 1.50*  
fruitarian - 7.  
*fresh fruit topped with yogurt and granola*  
fruit cup - 3.

chesapeake bloody mary - 6.  
*with old bay rim*  
fresh OJ mimosa - 6.  
fuzzy navel - 6.  
fresh squeezed orange juice  
*small - 3. / large - 5. / liter - 12.*  
apple, cranberry, pineapple  
grapefruit or tomato juice  
*small - 2.50 / large - 4.*  
milk *small - 2.50 / large - 4.*  
lemonade - 2.50

## Sides

maple link sausage or bacon - 3.  
canadian bacon - 3.50  
hash browns - 2.50  
one egg - 2.  
one pancake - 2.50  
egg & pancake - 4.

## Daily Specials

sunday mimosas and bloody mary - 4  
monday 2 for 22 meatloaf  
tuesday 2 for 28 dinner  
wednesday half price bottle of wine  
thursday prime rib with salad and dessert - 20



**The Capital Reader's Choice Awards:**  
**Voted "Best Breakfast, Carry-Out and Dessert for 2011"**  
**Voted "Best Chef, Bakery, Dessert, Breakfast and Carry-Out for 2010"**

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