

Main Ingredient

CATERING • BAKERY • CAFE

breakfast



buttermilk pancakes

short stack - 5. / tall stack - 7.

fabulous french toast

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

cinnamon french toast

cinnamon swirled bread dipped in a cinnamon egg wash - 7.

belgian waffle - 6.

blueberry pancakes

short stack - 6.50 / tall stack - 8.50

banana and almond pancakes

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

peaches and cream

pancakes topped with sweet stewed peaches and pastry cream
short stack - 7. / tall stack - 9.

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

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 - 1.75;

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.
add canadian bacon - 2.50

croissant sandwich

two eggs and cheddar cheese served on croissant - 6.
add bacon or sausage - 2.
add canadian bacon - 2.50

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.

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 - 8.

hungarian mushroom scramble

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



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

CREATE YOUR OWN SCRAMBLE OR OMELETTE

made with three eggs and served with your choice of white, wheat, rye, english muffin or buttermilk biscuit & hash browns

fresh fruit may be substituted for an additional - 1.75

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

your choice - 9.

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

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 - 1.75

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 - 12.

chesapeake

our signature crab cakes - 15.

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Omelettes

Benedicts

Beverages

- caffe pronto coffee - 2.25
- hot spiced tea - 2.50
- hot tea... tazo - 2.25
- hot chocolate... steamed - 3.
- chai tea - 4.25
- espresso - 2.50
- cappuccino or latte - 4.25
add flavor +0.50 (vanilla, chocolate, raspberry, hazelnut)
- sodas - 2.25
- iced tea - 2.25

- 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

Bakery

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



Cereal

- granola with bananas - 4.
- oatmeal - 4.
*served with brown sugar and milk
add peaches + 1.*
- fruitarian - 8.
fresh fruit topped with yogurt and granola
- fruit cup - 4.

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.



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