

# Main Ingredient

CATERING • BAKERY • CAFE

dinner



**soup**

our famous hungarian mushroom & two homemade soups daily

*cup - 4./ bowl - 6.*

**thai chicken quesadilla**

chicken, cilantro, carrots, red cabbage, mozzarella and peanut sauce on chipotle tortilla, served with thai chili sauce - 11.

**artichoke and crab crostini**

artichoke hearts and jumbo lump crabmeat mixed with a creamy blend of cheeses and baked on a french baguette, served with roasted red pepper tapenade - 11.

**applewood smoked salmon**

chilled house-smoked applewood salmon served with caper, tomato and red onion relish, mustard dill sauce and crisp everything flatbreads - 10.

**eggplant towers**

panko breaded eggplant, flash-fried, and stacked with sun-dried tomato polenta, smoked tomato marinara and sautéed baby spinach - 10.

**hummus plate**

hummus, roasted red pepper tapenade, cucumber tomato salad, kalamata olives, feta cheese and warm handmade flatbread - 9.

**with grilled chicken breast** - 12.

**bruschetta**

grilled ciabatta bread served with balsamic reduction, garlic and basil marinated tomatoes and fresh mozzarella cheese - 10.

**crab avocado quesadilla**

crab meat, cilantro, avocado and cheddar jack on chipotle tortilla, finished with old bay remoulade and fresh pico de gallo - 13.

**coconut shrimp**

jumbo shrimp encrusted with coconut flakes, flash fried and served with a ginger mango chutney and sweet mustard drizzle - 12.

**crispy oysters**

cornmeal crusted oysters flash fried and served with sweet corn broth, wilted garlic spinach and smoked tomato couli - 12.

**crispy shrimp and grits**

beer battered jumbo shrimp served with crispy cheddar grit polenta, corn and tomato salsa and old bay remoulade - 12.

**steak au poivre**

6 oz. filet seasoned with whiskey soaked peppercorns, seared, and served with a salad of mixed greens, gorgonzola, red onion, sliced tomato and zesty honey balsamic vinaigrette - 20.

**simple salmon**

oven-roasted atlantic salmon fillet served with lemon caper dill sauce, and a salad of mixed greens, red onion, mandarin oranges, fresh blueberries and citrus vinaigrette - 16.

**crab cake**

one of our signature broiled crab cakes served with lemon aioli and your choice of any side salad - 16.

**margarita pesce**

oven-roasted white fish fillet with tomatoes, basil and balsamic reduction and your choice of any side salad - 16.

**quiche dinner**

our homemade quiche of the day served with your choice of any side salad and any cup of soup - 16.

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

Extra sauces are available for - 0.50.

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

# Salads

all salads are served with a small pumpkin muffin

## café salad

mixed greens, brandied peppercorn encrusted chicken, candied pecans, pears and gorgonzola cheese, tossed with maple champagne vinaigrette - 12.

**half portion** - 8.

**with smoked salmon** - 13.

## honey wasabi salmon salad

grilled salmon fillet over mixed greens tossed with honey wasabi vinaigrette, mandarin oranges, cucumbers, carrots and mung bean sprouts - 16.

## lime cilantro crab cake salad

jumbo lump crab cake served atop a salad of mixed greens and corn and tomato salsa tossed with lime cilantro dressing - 16.

## sultan's garden

our famous curried chicken salad served over mixed greens with a wedge of fresh pineapple, sliced strawberries and caribbean mango vinaigrette - 12.

## craisin chicken salad

our famous chicken salad with almonds, craisins and onion served over mixed greens and topped with raspberry vinaigrette and granola - 12.

## crab and lobster salad

lobster and crab salad served over mixed greens with mandarin oranges, red onion and honey citrus vinaigrette - 16.

## sesame chicken spinach salad

sesame encrusted chicken served over a bed of baby spinach and greens, carrots, cabbage, mushrooms, and mandarin oranges served with soy ginger vinaigrette and plum sauce - 13.

## farm salad

peppercorn encrusted chicken breast over mixed greens, sliced apple, sweet cranberries, crumbled goat cheese and cranberry balsamic vinaigrette - 13.

## craisin & cafe

the best of both worlds, a small café salad with peppercorn chicken, served alongside a scoop of our craisin chicken salad topped with granola and raspberry vinaigrette - 12.

## tuna mishu

sesame encrusted seared ahi tuna served over mixed greens tossed with carrots, cabbage, cilantro, basil and sweet garlic chili vinaigrette garnished with bean thread noodles and a side of thai peanut sauce - 15.

## bistro steak salad

slices of seared beef tenderloin atop mixed greens & baby spinach with bacon, gorgonzola, red onion, mushrooms, tomatoes and red wine vinaigrette - 16.

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## classic caesar

chopped romaine, homemade croutons, shredded parmesan and our creamy caesar dressing - 9.

**with grilled chicken breast** - 11. **with smoked salmon** - 12.

**with crab cake** - 16. **with beef tenderloin** - 15.

## chicken bruschetta

classic caesar topped with grilled chicken breast, bruschetta tomatoes, basil and fresh mozzarella drizzled with balsamic reduction - 14.

## greek chicken

classic caesar topped with grilled chicken breast, feta cheese, tomatoes, cucumbers, red onion, artichoke hearts and kalamata olives - 13.

## mexi caesar

romaine tossed with lime cilantro caesar dressing and topped with grilled chicken breast, chipotle tortilla strips, avocado, cheddar cheese and fresh pico de gallo - 13.

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# Caesars

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**served with a choice of a caesar, garden or café salad**

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**fish and chips**

flash-fried beer battered white fish served with fries and old bay remoulade or lemon aioli - 16.

**herb crusted salmon**

fresh herb encrusted salmon fillet finished with mustard dill sauce, served with mashed potatoes and sautéed vegetables - 20.

**café meatloaf**

savory homemade meatloaf with choice of mushroom ragout demi-glace, hungarian mushroom or marinara and mozzarella, served with mashed potatoes and sautéed vegetables - 16.

**chicken au poivre**

peppercorn chicken breasts topped with caramelized onions and gorgonzola, served with mushroom ragout demi-glace, mashed potatoes and sautéed vegetables - 18.

**sesame chicken**

flash-fried sesame encrusted chicken breast served with plum sauce, jasmine rice and sautéed vegetables - 17.

**steak and cake**

grilled 6 oz. filet mignon with burgundy reduction and one signature crab cake with lemon aioli, served with mashed potatoes and grilled asparagus - 29.

**crab cakes**

two signature crab cakes with a side of lemon aioli, served with mashed potatoes and grilled asparagus - 28. **one crab cake dinner** - 21.

**tuna kurosawa**

sushi grade yellow fin tuna encrusted in sesame seeds, seared and served with soy-ginger kurosawa sauce, wasabi mashed potatoes and stir-fried snow peas - 21.

**salmon pisana**

pan-seared salmon fillet, poached in white wine, lemon, artichoke hearts, roma tomatoes, capers, and kalamata olives, served with sun-dried tomato and basil polenta - 21.

**provencal veggie pie**

empanada stuffed with roasted vegetables, basil and goat cheese, finished with bruschetta tomatoes and balsamic reduction, served with sun-dried tomato polenta and sautéed vegetables - 18.

**lasagna of the day**

topped with marinara sauce and mozzarella cheese - 18.

**pad thai**

chicken sauteed with garlic, shallots, green onions, carrots, peanuts and bean sprouts tossed with rice noodles and a peanut tamarind sauce, sprinkled with fresh cilantro and basil - 18.

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**2010 THE CAPITAL'S READER'S CHOICE BEST CHEF**

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# Selections

## **served with a choice of a caesar or garden salad**

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### **cowboy ribeye**

“cowboy spiced” grilled ribeye served with crispy buttermilk onions, smoky chipotle sauce, corn and tomato salsa and cheddar grit polenta - 23.

### **filet asher**

grilled filet mignon with gorgonzola and mushroom ragout demi-glace, white truffle mashed potatoes and grilled asparagus - 25.

### **millstone shrimp**

sautéed jumbo shrimp finished with corn, bacon, crabmeat, sherry and a touch of cream, served with cheddar grit polenta and grilled asparagus - 23.

### **scallops rojo**

sea scallops dusted with old bay, pan-seared and served with smoked tomato couli, crispy cheddar grit polenta and grilled asparagus - 23.

### **tuscan cassoulet**

sautéed chicken, prosciutto, and Italian sausage simmered with roma tomatoes, cannellini beans, onions, and garlic, finished with white wine, basil and a light tomato sauce, served with sun-dried tomato polenta - 20.

### **seafood puttanesca**

pan-seared sea scallops, shrimp, crabmeat and fresh fish finished with roma tomatoes, capers, kalamata olives, sun-dried tomatoes, and white wine, served with sun-dried tomato and basil polenta and wilted garlic spinach - 23.

### **bhodi dal**

tomatoes, squash, zucchini, chicken and lentils simmered in a traditional indian yellow curry, served with steamed jasmine rice and warm hand-made flatbread (vegetarian version available) - 18.

### **pork cherito**

cuban marinated pork tenderloin grilled and served with smoky sweet chipotle sauce, corn and tomato salsa, cheddar grit polenta, and sautéed vegetables - 19.

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**vegetarian versions of all pastas are available**

### **lemon basil shrimp scampi**

jumbo shrimp sautéed with roma tomatoes and garlic, finished with white wine, lemon and basil pesto butter, tossed with linguini pasta and parmesan cheese - 23.

### **avery island pasta**

blackened sea scallops sautéed with bacon, sweet corn kernels and green onions, finished in a smoked tomato alfredo sauce and tossed with linguini pasta and parmesan cheese - 23.

### **chicken palermo pasta**

penne pasta with grilled chicken breast, sautéed mushrooms, artichoke hearts, and sun-dried tomato pesto tossed in a white wine garlic cream sauce, and parmesan cheese - 18.

### **baja pasta**

chorizo sausage and jumbo shrimp sautéed with peppers, onions and tomatoes, tossed with cajun cream sauce and penne pasta - 22.

### **pasta josephine**

oven-roasted tomatoes and roasted garlic sautéed with prosciutto, baby spinach and fresh basil, tossed with creamy goat cheese and linguini pasta - 17. add chicken or Italian sausage +3

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# Pastas

# Specialty Sandwiches

**all are served with a choice of a pasta salad, caesar salad,  
garden salad, sweet potato fries or french fries**

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## **traditional burger**

1/2 lb. angus burger, topped with lettuce,  
tomato and onion on a fresh kaiser roll - 10.  
*add bacon, mushrooms, or cheese +.50 each*

## **bacon bleu burger**

1/2 lb. angus burger topped with crumbled bacon,  
gorgonzola cheese and honey mustard served on a  
fresh kaiser roll - 12.

## **mexi chicken sandwich**

grilled chicken topped with cheddar cheese,  
avocado, pico de gallo and lime cilantro sauce,  
on a fresh brioche roll - 12.

## **cuban panini**

oven roasted pork tenderloin, ham, swiss cheese,  
pickles and dijon whole grain mustard on grilled  
ciabatta bread - 11.

## **portobello panini**

portobello mushroom served on grilled ciabatta  
bread with fresh baby spinach, red pepper aioli  
and feta cheese - 12.

## **beef brisket sandwich**

barbeque pulled beef brisket served on a fresh  
kaiser roll and topped with veggie slaw - 10.

## **bruschetta chicken sandwich**

grilled chicken topped with fresh mozzarella,  
roma tomatoes, basil and a balsamic drizzle on  
grilled ciabatta bread - 12.

## **b.o.l.t. sandwich**

cornmeal crusted oysters flash-fried served on  
brioche with bacon, lettuce, tomato and old bay  
remoulade - 13.

## **crab and lobster roll**

crab and lobster salad served on brioche roll with  
shredded leaf lettuce - 16.

## **m.i. crabby patty**

flash-fried crab cake on brioche roll with old bay  
remoulade, lemon aioli, lettuce, tomato and onion - 16.  
(crab cake is also available broiled)

## **m.i. masterpiece**

thick sliced panko crusted brioche stuffed with  
smoked turkey, cheddar and honey mustard,  
sautéed french toast style and drizzled with  
pepper jelly - 10.

## **chicken club**

grilled chicken breast, bacon, provolone cheese  
and honey mustard served on a croissant  
with lettuce and tomato - 10.

## **café veggie burger**

veggie burger topped with provolone cheese,  
caramelized onions and honey mustard  
on a pretzel roll - 10.

## **hawaiian club**

turkey, cheddar, grilled pineapple and honey  
mustard served warm on a pretzel roll - 9.

## **turkey reuben**

smoked turkey breast, swiss cheese, thousand island  
dressing and veggie slaw on marble rye - 10.

## *Sides*

**cheddar grit or sun-dried polenta - 3.**

**sweet potato fries - 4.**

**natural-cut fries - 3.**

**pasta salad - 3.**

**mashed potatoes or vegetables - 3.**

**grilled asparagus - 4.**

**side garden or caesar salad - 4.**

**side café salad - 5.**

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