

Main Ingredient

CATERING • BAKERY • CAFE

dinner



Starters

soup

our famous hungarian mushroom & two homemade soups daily
cup - 4./ bowl - 6.

thai chicken quesadilla

chipotle pepper tortilla stuffed with grilled chicken, fresh cilantro, shredded carrots, shredded red cabbage, mozzarella and thai peanut sauce, served with sweet thai chili sauce on the side - 10.

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 - 10.

applewood smoked salmon

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

bruschetta

grilled ciabatta bread served with balsamic reduction, garlic and basil marinated tomatoes and fresh mozzarella cheese - 9.

coconut shrimp

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

brie flores

sweet cranberry and panko crusted mini brie wheel, flash fried and served with toasted baguette and port wine berry sauce - 10.

crispy oysters

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

scallops or shrimp "crostini"

blackened scallops or shrimp over crispy cheddar grit polenta, topped with pepper jelly and vegetable slaw - 12.

garides me feta

jumbo shrimp sauteed with diced tomatoes, garlic, lemon, white wine and feta cheese served with warm french bread - 12.

hummus plate

hummus, roasted red pepper tapenade, cucumber tomato salad, kalamata olives, feta cheese and warm handmade flatbread - 8.
with grilled chicken breast - 11.

steak au poivre

6 oz. filet seasoned with whiskey soaked peppercorns, grilled, served with a salad of mixed greens, gorgonzola, red onion, sliced tomato and zesty honey balsamic vinaigrette - 18.

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 crab cakes served with lemon aioli and your choice of any side salad - 15.

quiche dinner

our homemade quiche of the day served with your choice of any side salad and any cup of soup - 15.

18% gratuity will be added to all parties of 6 or more. There will be an additional 3.00 charge for split plates.
Extra sauces are available for 0.50.

visit us at www.themainingredient.com

Short Plates

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, corn and tomato tossed with lime cilantro dressing - 15.

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 - 15.

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 - 12.

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 - 15.

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 - 15. **with beef tenderloin** - 15.

chicken bruschetta

classic caesar topped with grilled chicken breast, bruschetta tomatoes, basil and fresh mozzarella drizzled with balsamic reduction - 13.

greek chicken

classic caesar topped with grilled chicken, 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, chipotle tortilla strips, avocado, cheddar cheese and fresh pico de gallo - 13.

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Caesars

all caesars are served with a small pumpkin muffin

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

soup may be substituted for an additional \$1.50, or fresh fruit for \$1.75

fish and chips

beer battered fish served with french fries and a side of lemon aioli - 16.

herb crusted salmon

fresh herb encrusted salmon fillet finished with a mustard dill sauce, served with mashed potatoes and sautéed vegetables - 19.

café meatloaf

our house meatloaf topped with your choice of a wild mushroom demi-glace or marinara and melted mozzarella, served with mashed potatoes and sautéed vegetables - 16.

chicken au poivre

two chicken breasts encrusted in brandied peppercorns topped with wild mushroom demi-glace, caramelized onions and gorgonzola, served with mashed potatoes and sautéed vegetables - 17.

sesame chicken

sesame encrusted chicken breasts topped with plum sauce, served with basmati rice and sautéed vegetables - 16.

thai peanut chicken

two chicken breasts rubbed with mild thai red curry paste, grilled and served with our ginger peanut sauce, basmati rice and sautéed vegetables - 17.

crab cakes

two signature crab cakes with a side of lemon aioli, served with mashed potatoes and sautéed vegetables - 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 - 20.

provençal veggie pie

a large turnover stuffed with roasted zucchini, squash, tomato, onion, garlic, goat cheese and fresh basil, drizzled with balsamic reduction and served with bruschetta tomatoes, mashed potatoes and sautéed vegetables - 16.

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 - 17.
also available as a vegetarian dish

VOTED BEST DESSERTS IN ANNAPOLIS!

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

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filet hanna

medallions of beef tenderloin pan-seared with onions and garlic, finished with creamy whole grain dijon and thyme demi-glace, and served with yukon gold mashed potatoes and sautéed vegetables - 23.

pork phillips

pork tenderloin medallions gently sautéed, finished "hungarian style" with paprika, dill, mushrooms, shallots and a touch of sour cream, served with mashed potatoes and sautéed vegetables - 19.

seafood puttanesca

pan-seared sea scallops, shrimp 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 basmati rice and warm hand-made flatbread (vegetarian version available) - 18.

steak asher

8 oz. barrel-cut sirloin steak, grilled and served with mushroom ragout demi-glace, gorgonzola mashed potatoes and sautéed vegetables - 20.

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 - 18.

citrus scallops

coriander dusted sea scallops, pan-seared and finished with a citrus gastrique and served with sautéed vegetables and steamed rice - 22.

spicy shrimp noodle bowl

jumbo shrimp stir-fried with red peppers, green onions, snow peas, bean sprouts and spicy garlic chili sauce, tossed with rice noodles and finished with sweet ginger tamarind sauce - 20.

**served with a choice of a caesar, garden or café salad
vegetarian versions of all pastas are available**

soup may be substituted for an additional \$1.50, or fresh fruit for \$1.75

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 - 20.

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 - 21.

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 - 17.

woodland pasta

chicken breast and prosciutto sautéed with our wild mushroom ragout, tossed with penne pasta and gorgonzola cream sauce - 18.

pasta josephine

oven-roasted tomatoes and roasted garlic sautéed with prosciutto, baby spinach and fresh basil, tossed with creamy goat cheese and linguini pasta - 16. add chicken or Italian sausage +3

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Specialty Sandwiches

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

soup or small café salad may be substituted for an additional \$1.50, or fresh fruit for \$1.75

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

ultimate mushroom burger

1/2 lb. angus burger topped with savory mushroom
ragout and swiss cheese served on a fresh kaiser
roll - 12.

bacon bleu burger

1/2 lb. angus burger topped with crumbled bacon,
gorgonzola cheese and honey mustard served on a
fresh kaiser 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 - 10.

beef brisket sandwich

barbeque pulled beef brisket served on a fresh
kaiser roll and topped with veggie slaw - 9.

bruschetta chicken sandwich

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

oyster po-boy

oysters dredged in cornmeal and flash fried, served
on a fresh kaiser roll with shredded lettuce and old
bay remoulade - 12.

crab and lobster sandwich

crab and lobster salad served on a soft kaiser roll
with shredded leaf lettuce - 15.

crab cake sandwich

a broiled jumbo lump crab cake served
on a fresh kaiser roll with lemon aioli - 15.

m.i. masterpiece

thick sliced panko crusted bread stuffed with
smoked - turkey, cheddar and honey mustard,
sautéed french toast style and drizzled with
pepper jelly - 9.

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 - 9.

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 grilled rye bread - 9.

Sides

cheddar grit or sun-dried polenta - 4.

sweet potato fries - 4.

pinwheel french fries - 3.

pasta salad - 3.

mashed potatoes - 3.

sautéed vegetables - 3.

side garden or caesar salad - 4.

side café salad - 5.

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