

Main Ingredient

CATERING • BAKERY • CAFE

lunch



soup

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

vegetarian three bean chili

garnished with homemade tortilla chips and shredded cheddar cheese cup - 4. / bowl - 6.

thai chicken quesadilla

a 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 - 11.

mainsail oysters

cornmeal crusted oysters flash-fried and served with old bay remoulade and corn and tomato salsa - 12.

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.

bruschetta

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

crab and avocado quesadilla

mozzarella and cheddar cheese with fresh avocado, crab meat and cilantro on chipotle pepper tortilla, served with old bay remoulade and fresh pico de gallo - 13.

coconut shrimp

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

crispy shrimp and grits

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

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

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 available - 8.

available 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

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

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, fresh mozzarella and 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

all caesars are served with a small pumpkin muffin

Specialty Sandwiches

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

soup, small café salad or fresh fruit may be substituted for an additional - 1.50

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.

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)

cup of soup and 1/2 sandwich

choose from sorry charley, m.i. blt,
grilled cheese and tomato or m.i. masterpiece - 10.
soup and 1/2 sandwich only - 8.

bruschetta chicken sandwich

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

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.

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.

café veggie burger

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

turkey reuben

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

mexi chicken sandwich

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

m.i. blt

hickory smoked bacon, american cheese, lettuce,
tomato and old bay remoulade on brioche - 9.

grilled cheese and tomato

slices of provolone and cheddar cheese, tomato
and honey mustard on your choice of
wheat, white or brioche bread - 8.
with bacon + 1. with just cheese - 7.

chicken club

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

sorry charley

our tuna salad on whole wheat bread
with lettuce and tomato - 8.

sultan's croissant

our famous curried chicken salad on a croissant
with lettuce and tomato - 10.

beef brisket sandwich

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

hawaiian club

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

b.o.l.t. sandwich

flash-fried cornmeal crusted oysters 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. fish tacos

grilled white fish fillet on flour tortillas with fresh
pico de gallo, lettuce, shredded jack cheese and
lime cilantro sauce - 12.

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Wraps

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

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turkey bacon boursin

smoked turkey, bacon, boursin cheese, lettuce,
tomato and honey mustard wrapped in a spinach
tortilla - 10.

nantucket wrap

almond craisin chicken salad, lettuce, maple
granola and raspberry vinaigrette wrapped in a
honey wheat tortilla - 10.

sesame chicken wrap

sesame chicken, shredded carrots, red
cabbage, cucumbers and our peanut-ginger sauce
wrapped in a chipotle pepper tortilla - 11.

hummus wrap

hummus, lettuce, cucumbers, tomatoes, red onion,
feta cheese and red wine vinaigrette in a spinach
tortilla - 9.

with grilled chicken breast - 12.

buffalo chicken wrap

fried chicken strips, buffalo sauce, gorgonzola,
tomato, lettuce and blue cheese dressing
wrapped in a chipotle pepper tortilla - 10.

salmon wrap

our applewood smoked salmon wrapped
in a garlic herb tortilla with spinach, red onion,
tomato and capers with a mustard dill sauce - 12.

chicken fajita wrap

grilled chicken, green peppers, onions, cheddar
cheese and lime cilantro sauce wrapped in a
chipotle pepper tortilla - 10.

thai beef wrap

seared beef, lettuce, carrots, red cabbage,
mung bean sprouts and our peanut-ginger sauce
in a chipotle pepper tortilla - 12.

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garden salad, sweet potato fries or french fries**

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beer battered fish

beer battered fish fillet served with lemon aioli - 12.

sesame chicken

sesame encrusted chicken breast served
with plum sauce - 10.

herb crusted salmon

our famous herb crusted salmon fillet topped with
mustard dill sauce - 15.

margarita pesce

oven-roasted white fish fillet with tomato,
basil and balsamic reduction - 12.

lasagna of the day

with marinara and mozzarella - 13.

hungarian meatloaf

savory meatloaf topped with
hungarian mushroom - 10.
topped with marinara and mozzarella - 10.

crab cake

our broiled jumbo lump crab cake served
with lemon aioli - 16.

provencal veggie pie

empanada stuffed with roasted vegetables, goat
cheese and fresh basil, finished with balsamic
reduction and bruschetta tomatoes - 15.

simple filet

petit filet mignon grilled to your liking - 19.

quiche of the day

deep dish homemade quiche - 10.

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Special Features

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
lemonade - 2.50
milk small - 2.50 / large - 4.
fresh squeezed orange juice
small - 3. / large - 5. / liter - 12.
apple, cranberry, pineapple
grapefruit or tomato juice
small - 2.50 / large - 4.

scoop of sultan's or craisin chicken salad - 5.
scoop of tuna salad - 4.
side garden or caesar salad - 4.
side café salad - 5.

natural-cut fries - 3.
sweet potato fries - 4.
pasta salad - 3.
fruit cup - 3.

WHAT IS THE “MAIN INGREDIENT”?

The answer is quality; quality of ingredients, quality of preparation,
and quality of service---The Capital Entertainment

The Main Ingredient Café is a favorite among Annapolis locals, boasting a reputation as the neighborhood café in Bay Ridge. The ambiance is casual and comfortable, where one can feel right at home having an elegant dinner and equally comfortable showing up for breakfast with shorts, t-shirt and newspaper. We are a full-scale restaurant serving breakfast, lunch and dinner seven days a week. In addition to our traditional breakfast offerings, we have a loyal following at lunchtime, offering trademark items, like our craisin chicken salad, café salad, spiced tea, and pumpkin muffins. We also offer an elaborate dinner menu, where the executive chef has created a menu influenced by regional cuisine and global flavors.

We take pride in our reputation for excellent food,
superb presentation and unparalleled client satisfaction.

Voted “Best Breakfast, Carry-Out and Dessert for 2011” --- Capital Reader’s Choice Awards
Voted “Best Chef, Bakery, Dessert, Breakfast and Carry-Out for 2010”
--- Capital Reader’s Choice Awards
Voted “Best Desserts in Annapolis for 2008”---- What’s Up Magazine

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