

# 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**

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.

**mainsail oysters**

cornmeal crusted oysters flash-fried and served with old bay remoulade and veggie slaw - 9.

**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.

**hummus plate**

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

**woodland quesadilla**

chicken, savory mushroom ragout, mozzarella and gorgonzola cheeses on spinach tortilla with horseradish cream sauce on the side - 12.

**coconut shrimp**

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

**veggie nachos**

homemade tortilla chips topped with veggie chili, cheddar cheese and sour cream - 8.  
**with grilled chicken breast** - 11.

**haystack fries**

a large portion of sweet potato fries served with our house-made pepper jelly - 6.

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 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, 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

thin slices of seared beef tenderloin atop mixed greens & baby spinach with bacon, gorgonzola, red onion, mushrooms, tomatoes and red wine vinaigrette - 15.

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

## chicken bruschetta

classic caesar topped with grilled chicken breast, bruschetta tomatoes, basil, fresh mozzarella and 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

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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.

### **cup of soup and 1/2 sandwich**

choose from sorry charley, m.i. blt,  
grilled cheese and tomato or m.i. masterpiece - 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 bread stuffed with smoked  
turkey, cheddar and honey mustard, sautéed french  
toast style and drizzled with pepper jelly - 9.

### **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.

### **café veggie burger**

veggie burger topped with provolone cheese,  
caramelized onions and honey mustard  
on a pretzel roll - 9.

### **turkey reuben**

roasted turkey breast, swiss cheese, thousand island  
dressing and veggie slaw on grilled rye bread - 9.

### **crab cake sandwich**

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

### **m.i. blt**

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

### **grilled cheese and tomato**

slices of provolone and cheddar cheese, tomato  
and honey mustard on your choice of  
wheat or white 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 - 9.

### **beef brisket sandwich**

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

### **hawaiian club**

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

### **oyster po-boy**

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

### **crab and lobster sandwich**

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

### **bayridge turkey**

smoked turkey, sliced apple, brie and mustard dill on  
croissant with lettuce and onion - 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 raisin 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 - 10.

### **hummus wrap**

hummus, lettuce, cucumbers, tomatoes, red onion, feta cheese and red wine vinaigrette in a spinach tortilla - 8.

**with grilled chicken breast - 11.**

### **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 - 10.

### **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 - 10.

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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 - 14.

### **café meatloaf**

our house meatloaf topped with a wild mushroom demi glace - 10.  
or marinara and melted mozzarella cheese - 10.  
or panini style on ciabatta bread with mozzarella and marinara - 11.

### **crab cake**

our broiled jumbo lump crab cake served with lemon aioli - 15.

### **provencal veggie pie**

a large turnover stuffed with roasted squash, zucchini, tomato, onion, garlic, goat cheese and fresh basil, served with balsamic drizzle and bruschetta tomatoes - 12.

### **lasagna of the day**

topped with marinara sauce and mozzarella cheese - 12.

### **quiche of the day**

deep dish homemade quiche - 9.

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# Special Features

# 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  
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.

# Sides

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

french fries - 3.  
sweet potato fries - 4.  
pasta salad - 3.  
fruit cup - 4.

## 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 Desserts in Annapolis for 2008”---- What’s Up Magazine**

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