



lunch

SMALL PLATES

✓ hummus plate

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

with **grilled chicken breast** - 13.

crab avocado quesadilla

crab meat, cilantro, avocado and cheddar jack on chipotle tortilla, finished with old bay remoulade and fresh pico de gallo - 15.

chesapeake crab dip

creamy chesapeake crab dip baked and topped with cheddar cheese. served with crusty bread for dipping - 12.

crispy shrimp and grits

beer battered jumbo shrimp served with crispy cheddar grit polenta, corn and tomato salsa and old bay remoulade - 13.

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 - 12.

☉ citrus scallops

pan-seared sea scallops served with arugula salad topped with mandarin oranges, candied pecans, and citrus dressing - 18.

☉ simple filet

6 oz. filet seared and accompanied by mesclun salad with gorgonzola, red onion, sliced tomatoes and balsamic vinaigrette - 19.5
add bacon onion jam for - 1.

☉ simple salmon

grilled salmon filet served with side of dill caper sauce, accompanied by mesclun salad with cherry tomatoes, red onion, parmesan and balsamic vinaigrette - 16.5

✓ fried green tomatoes

three fried green tomatoes topped with old bay remoulade and corn salsa - 9.

add **crabmeat** - 15.

crab cake lunch

signature maryland crab cake served with arugula salad topped with cherry tomatoes, cucumbers, citrus vinaigrette and a side of lemon garlic aioli - 17.

SIDES

☉ natural-cut fries - 3.

✓ sweet potato fries - 4.

✓ homemade potato chips - 4.

✓ toast - 1.5

choice of white, wheat, rye

☉ ✓ seasonal fruit cup - 4.

☉ ✓ cup of berries - 5.

☉ ✓ bowl of berries - 9.

✓ strawberries & bananas - 4.25

☉ scoop of sultan's chicken salad - 5.

☉ scoop of craisin chicken salad - 5.

☉ scoop of tuna salad - 4.

☉ scoop of shrimp salad - 6.5

✓ side garden or caesar salad - 4.

✓ side café salad - 5.

✓ pasta salad - 3.

✓ cheddar grit polenta - 3.

✓ sundried tomato polenta - 3.

LUNCH ENTREES

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

soup, small café salad or fruit may be substituted for - 1.5
french onion - 2.5

beer battered fish

beer battered white fish fillet with your choice of lemon aioli or old bay remoulade - 13.

herb crusted salmon

our famous herb crusted salmon fillet topped with mustard dill sauce - 16.

homemade meatloaf

savory meatloaf topped with Hungarian mushroom soup or marinara and mozzarella, crowned with fried onion straws - 13.

margarita pesce

baked white fish fillet topped with balsamic tomatoes, pesto drizzle and pine nuts - 14.

soup

our famous hungarian mushroom & soup of the day cup - 5./ bowl - 7.

french onion soup 6.

WRAPS

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

soup, small café salad or fruit may be substituted for - 1.5
french onion - 2.5

turkey bacon boursin

smoked turkey, bacon, boursin cheese, lettuce, tomato and honey mustard wrapped in a spinach tortilla - 12.

nantucket wrap

almond craisin chicken salad, oats-n-honey granola, lettuce and raspberry vinaigrette in a honey wheat tortilla - 11.

mexi wrap

grilled chicken, avocado, cheddar jack cheese, fresh pico de gallo, romaine lettuce and lime cilantro sauce in chipotle tortilla - 12.5
with **seared beef tenderloin** - 16.

sesame chicken wrap

sesame chicken, carrots, red cabbage, cucumbers, bean sprouts and peanut ginger sauce in chipotle tortilla - 12.

✓ veggie wrap

kale, carrots, cucumbers, tomatoes, hummus smear, tahini dressing and crunchy chickpeas in spinach tortilla - 11.

buffalo chicken wrap

chesapeake fried chicken breast tenderloins, buffalo sauce, gorgonzola, tomato, lettuce and blue cheese dressing wrapped in a chipotle pepper tortilla - 13.

chesapeake

chesapeake fried chicken breast, lettuce, tomato, bacon, corn salsa and old bay remoulade in honey wheat wrap - 13.

✓ Vegetarian Choice ☉ Gluten Free

There will be an additional - 3. charge for split plates.
visit us at www.mainandmarket.com

SALADS

all salads are served with a small pumpkin muffin

☉ café salad

mixed greens, chilled brandied peppercorn encrusted chicken, candied pecans, spiced pears and gorgonzola cheese tossed with maple champagne vinaigrette - 12.5

half portion - 8.25

craisin chicken salad

our famous chicken salad with almonds, craisins and onion served over mixed greens and topped with raspberry vinaigrette and granola - 12.5

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 - 14.

bay ridge salad

arugula salad topped with beef tenderloin, cherry tomatoes, blueberries, almonds, goat cheese and honey citrus vinaigrette - 16.
substitute crab cake or grilled salmon - 19.

☉ honey wasabi tuna salad

seared sesame crusted ahi tuna, served rare and presented over mixed greens with carrots, cucumbers, avocado and honey wasabi vinaigrette - 16.5

annapolis chopped salad

romaine lettuce topped with beef tenderloin, cucumbers, corn salsa, cherry tomatoes, avocado, bacon and feta cheese tossed with lime cilantro dressing - 17.

substitute crab cake or grilled salmon - 20.

sesame chicken spinach salad

sesame encrusted chicken served over a bed of baby spinach and greens, carrots, cabbage, chopped peanuts and mandarin oranges, served with soy ginger vinaigrette 14.

☉ baby kale and quinoa salad

grilled salmon served over baby kale with quinoa, craisins and almonds, tossed in a citrus vinaigrette - 18.

with **shrimp** - 16.

☉ sultan's garden

our famous curried chicken salad served over mixed greens with a wedge of fresh pineapple, sliced strawberries and honey citrus vinaigrette - 12.5

chicken bruschetta

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

classic caesar

chopped romaine, homemade croutons, shredded parmesan and our creamy caesar dressing - 8.5

mexi caesar

romaine tossed with lime cilantro caesar dressing and topped with chipotle tortilla strips, avocado, cheddar cheese and fresh pico de gallo - 9.5

greek caesar

classic caesar topped with feta cheese, cucumber, tomato and red onion salsa, artichoke hearts and kalamata olives - 10.

add grilled chicken -4., shrimp -6., crab cake -12, beef -8. or grilled salmon -9.

CLASSIC SANDWICHES

all are served with a choice of pasta salad, caesar salad, garden salad, sweet potato fries, french fries or homemade potato chips
soup, small café salad or fruit may be substituted for - 1.5
french onion - 2.5

M signature burger

½ lb. angus burger cooked to order, topped with bacon onion jam, cheddar cheese, lettuce, tomato and onion on a fresh brioche bun - 12.5

crab cake sandwich

broiled crab cake on brioche roll with old bay remoulade or lemon aioli, lettuce, tomato and onion - 17.

hawaiian club

ham, turkey, cheddar, grilled pineapple and honey mustard served warm on a pretzel roll - 10.

M blt

hickory smoked bacon, american cheese, lettuce, tomato, onion and lemon garlic aioli on brioche bread - 9.

bruschetta chicken sandwich

grilled chicken topped with fresh mozzarella, bruschetta tomatoes, and balsamic glaze on grilled ciabatta bread - 13.

grilled cheese with tomato and bacon

slices of bacon, tomato, provolone, and cheddar cheese on your choice of wheat, white or brioche bread - 9.5.
✔ with just cheese - 7.

M fish tacos

seasoned white fish on flour tortillas with fresh pico de gallo, lettuce, shredded jack cheese, chipotle tortilla strips and lime cilantro sauce - 12.

shrimp salad croissant

chESApeake shrimp salad served on a croissant with lettuce, tomato and onion - 13.

fried chicken sandwich

chESApeake fried chicken breast, cheddar cheese, lettuce, tomato, onion and lemon aioli on brioche bun - 12.

signature reuben

house made corned beef, swiss cheese, 1000 island dressing and cole slaw on griddled marble rye - 12.5

chicken club

grilled chicken breast, bacon, provolone cheese and honey mustard served on a croissant with lettuce and tomato - 12.

✔ spinach and portobello sandwich

portobello mushroom served on grilled ciabatta bread with fresh baby spinach, roasted red pepper aioli and feta cheese - 12.
add beef - 15.

✔ café veggie burger

veggie burger topped with provolone cheese, caramelized onions and honey mustard on a pretzel roll - 11.

sorry charlie

m&m tuna salad on whole wheat bread with lettuce, tomato and onion - 9.

chicken salad croissant

choice of our famous curried chicken salad or craisin chicken salad on a croissant with lettuce and tomato - 11.

cup of soup and 1/2 sandwich

your choice of a half sorry charlie, blt, or grilled cheese with bacon and tomato accompanied by choice of soup - 12.

HOUSE WINES

Mars & Venus, Chile

Varietals include Chardonnay, Sauvignon Blanc, Cabernet & Merlot

-6. / -20.

WHITE WINES

Tiamo Prosecco, Italy

Clean citrus and melon notes with aromas of cut grass, stone fruit and citrus.

-11. Split

Simonet Champagne, France

A light nose of lemons, mineral, bread, and citrus. Small bubbles, dry on the palate with flavors of lime, green apple, and white pepper.

-6. / -20.

Ballard Lane Chardonnay, California

Aromas of orchard fruit blossoms, melon & tropical pineapple, a hint of white pepper, along with creamy apple, pear and oak.

-8. / -30.

True Myth Chardonnay, California

Flavors of beautiful tropical fruit with mineral undertones and the perfect creaminess of vanilla bean & toasted oak.

-10. / -38.

La Fiera Pinot Grigio, Italy

A light floral and fruity bouquet featuring apples and pears. The palate is bright, fresh and dry showing nice balance and a lingering acidity.

-7. / -26.

Ponga Sauvignon Blanc, New Zealand

Aromas of ripe citrus and tropical fruits on the nose lead into a refreshing palate full of white peach and grapefruit.

-8. / -30.

Le Figuier Rosé, France

Light, invigorating and easy-to-enjoy. Aromas and flavors of peach, orange skin and white flowers are accented by refreshing acidity and a slight minerality thanks to the influence of the sea.

-9. / -34.

RED WINES

Rock & Vine Cabernet Sauvignon, California

Layered blend of blueberry, candied cherry, creme de cassis, root beer, milk chocolate and sweet vanilla.

-10. / -38.

Santa Julia Reserve Malbec, Argentina

Flavors of black fruits, vanilla, chocolate and snuff with soft tannins and a spicy finish.

-9. / -34.

Tortoise Creek Merlot, California

Flavors of red and black berries, cherries, and herbs with rich aromas and soft tannins.

-8. / -30.

Cielo Pinor Noir, Italy

A unique and chic pinot noir with red berries and cherries bouquet, soft tannins and lingering finish. Silky body and persisting taste.

-7. / -26.

Dom Brunet Pinot Noir, France

Impressive concentration and intensity with aromas of black cherry, vanilla, and subtle note of smoky toast. Incredibly rich and juicy on the palate with flavors of blackberry melting seamlessly into a background of soft, velvety tannins.

-8. / -30.

BEER SELECTIONS

Domestic

Budweiser • Coors Light • Michelob Ultra • Miller Lite • Yuengling

-3.75

Premium Domestic

Fordham Copperhead Ale • Blue Moon • Goose Island India Pale Ale • Becks NA
Samuel Adams • Sierra Nevada

-4.25

Imports

Amstel Light • Corona • Stella Artois • Newcastle

-4.75

BEVERAGES

locally roasted rise up coffee* - 2.5
add flavor +0.5 (vanilla, chocolate, raspberry, hazelnut)

hot tea... mighty leaf tea - 3.5

spiced tea* - 2.5
our signature iced tea infused with cloves and orange juice

hot chocolate... steamed - 3.5

chai tea - 4.25

espresso - 2.5

cappuccino or latte - 4.25
add flavor +0.5 (vanilla, chocolate, raspberry, hazelnut)

sodas* - 2.5

iced tea* - 2.5

lemonade* - 2.5

milk small - 2.5 / large - 4.

fresh squeezed orange juice
small - 3. / large - 5. / liter - 12.

apple, cranberry, pineapple grapefruit or tomato juice
small - 2.5 / large - 4.

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* complimentary refills

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