

SMALL PLATES

✓ hummus plate

hummus, roasted red pepper tapenade, cucumber tomato salad, kalamata olives, feta cheese and warm handmade flatbread - 10.
with grilled chicken breast - 14.

crab avocado quesadilla

crab meat, cilantro, avocado and cheddar jack on chipotle tortilla, finished with old bay remoulade and fresh pico de gallo - 15.5

chesapeake crab dip

creamy chesapeake crab dip baked and topped with cheddar cheese. served with crusty bread for dipping - 12.5

coconut shrimp

five coconut battered shrimp served with an apricot mustard sauce - 12.

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.

☉ simple filet

6 oz. filet seared and accompanied by mesclun salad with gorgonzola, red onion, sliced tomatoes and balsamic vinaigrette - 20.
add bacon onion jam for - 1.5

☉ 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 - 17.

✓ 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 - 18.

flatbread pizza of the day - 12.

SIDES

☉ natural-cut fries - 3.

✓ sweet potato fries - 4.

✓ homemade potato chips - 4.

☉ ✓ seasonal fruit cup - 4.

☉ ✓ cup of berries - 5.

☉ ✓ bowl of berries - 9.

✓ strawberries & bananas - 4.25

☉ scoop of sultan's chicken salad - 6.

☉ scoop of craisin chicken salad - 6.

☉ scoop of tuna salad - 4.5

☉ scoop of shrimp salad - 8.

✓ side garden or caesar salad - 4.

✓ side café salad - 5.

✓ pasta salad - 4.

✓ cheddar grit polenta - 3.5

✓ sundried tomato polenta - 3.5

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 - 2.
french onion - 2.5

beer battered fish

beer battered white fish fillet with your choice of lemon aioli or old bay remoulade - 14.

herb crusted salmon

our famous herb crusted salmon fillet topped with mustard dill sauce - 17.

homemade meatloaf

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

southwest quinoa bowl with shrimp

corn and black bean quinoa, pico de gallo, shredded monterey jack cheese, cilantro and avocado topped with grilled shrimp and garnished with a wedge of lime - 16.5

soup

our famous hungarian mushroom & soup of the day
cup - 5.5/ bowl - 7.5

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 - 2.
french onion - 2.5

turkey bacon boursin

smoked turkey, bacon, boursin cheese, lettuce, tomato and honey mustard wrapped in a spinach tortilla - 12.5

nantucket wrap

almond craisin chicken salad, oats-n-honey granola, lettuce and raspberry vinaigrette in a honey wheat tortilla - 12.

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 - 12.5

✓ veggie wrap

kale, carrots, cucumbers, tomatoes, hummus smear, tahini dressing and crunchy chickpeas in spinach tortilla - 11.5

buffalo chicken wrap

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

maryland fried chicken and bacon wrap

chunks of fried chicken, bacon, lettuce, tomato and ranch in a honey wheat tortilla - 13.5

✓ Vegetarian Choice ☉ Gluten Free

There will be an additional - 3. charge for split plates.

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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 - 13.5
half portion - 9.

craisin chicken salad

our famous chicken salad with almonds, craisins and onion served over mixed greens and topped with raspberry vinaigrette and granola - 13.

bay ridge salad

arugula salad topped with choice of beef tenderloin or salmon, cherry tomatoes, blueberries, almonds, goat cheese and honey citrus vinaigrette - 18.
substitute crab cake - 20.

honey wasabi tuna salad

seared sesame crusted ahi tuna, served rare and presented over mixed greens with carrots, cucumbers, avocado and honey wasabi vinaigrette - 17.

☉ annapolis chopped salad

romaine lettuce topped with beef tenderloin, cucumbers, corn salsa, cherry tomatoes, avocado, bacon and feta cheese tossed with lime cilantro dressing - 18.
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.

☉ sultan's garden

our famous curried chicken salad served over mixed greens with a wedge of fresh pineapple, sliced strawberries and honey citrus vinaigrette - 13.

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 - 9.

mexi caesar

romaine tossed with lime cilantro caesar dressing and topped with chipotle tortilla strips, avocado, cheddar cheese and fresh pico de gallo - 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 - 2.
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 - 13.

crab cake sandwich

broiled crab cake on brioche roll with old bay remoulade or lemon aioli, lettuce, tomato and onion - 18.5

hawaiian club

ham, turkey, cheddar, grilled pineapple and honey mustard served warm on a pretzel roll - 11.

pork bahn mi

marinated and seared pork, pickled carrots and radishes and topped with cilantro and served on a French baguette with siracha aioli - 13.

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 - 10.
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 - 13.

shrimp salad croissant

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

oyster po-boy

flash fried cornmeal crusted oysters on a brioche bun with lettuce, tomato and old bay remoulade - 14.

signature reuben

house made corned beef, swiss cheese, 1000 island dressing and cole slaw on griddled marble rye - 13.

chicken club

grilled chicken breast, bacon, provolone cheese and honey mustard served on a croissant with lettuce and tomato - 13.

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 - 16.

grilled vegetarian Italian sausage

grilled vegetarian sausage topped with pesto, smoky tomato aioli and giardiniera relish. Served on a pretzel bun with chickpea salad on the side - 12.5

sorry charlie

m&m tuna salad on whole wheat bread with lettuce, tomato and onion - 10.

main and market masterpiece

turkey, cheddar and honey mustard served in panko encrusted brioche bread. Griddled and topped with homemade pepper jelly - 12.

cup of soup and 1/2 sandwich

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

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

Voted Best Caterer 2018 & Desserts Readers Choice Capital Gazette* Voted Best Caterer 2018 What's Up Publications* Voted Best Caterer 2017 & Desserts Readers Choice Capital Gazette* Voted Best Caterer & Desserts 2016 What's Up Publications* Voted Best Caterer 2015 What's Up Publications* Voted Best Caterer and Desserts 2015, 2016, 2017, 2018 Readers Choice Capital Gazette

HOUSE WINES

Mars & Venus, Spain

Varietals include Chardonnay, Sauvignon Blanc, Cabernet & Merlot

-6. / -22.

WHITE WINES

Tiamo Prosecco, Italy

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

-14.5 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.

-7. / -26.

Macrostie Chardonnay, California

A delicate, fragrant nose of pineapple, mango and guava. On the palate, the fruit elements mingle with lively citrus- lime layers as well as hints of toast and butter from aging in French oak. The finish is clean and refreshing.

-14.5/ -56.

True Myth Chardonnay, California

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

-10. 5/ -40.

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.

-6.5/ -24.

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.

Francois Lurton Hauts De Janeil Rose 17, France

Intense aromas of red currants, white flower and lemon. Red fruits dominate the refreshing palate, which is highlighted by grapefruit and a pleasing acidity.

-7. / -26.

RED WINES

Rock & Vine Cabernet Sauvignon, California

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

-11. / -42.

Santa Julia Reserve Malbec, Argentina

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

-10.5/ -40.

Tortoise Creek Merlot, California

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

-9.5/ -38.

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.

-9.5/ -38.

EarthWorks Shiraz 16, Australia

Broad and spicy, with espresso, dark chocolate and toasted spice details to the cherry and blueberry flavors. The tannins provide appealing grip on the finish.

- 10.5/ -40.

Vinum Cellars Red Dirt Red 14, California

Strong smoky aromas of hickory and a solid pepper spice give a savory background to the backdrop of blackberry fruit on the nose. The smoke carries into the palate, where campfire and bacon flavors meet with black currant and caramel.

- 13./ -50.

BEER SELECTIONS

Domestic

Coors Light • Michelob Ultra • Miller Lite • Yuengling

-4.25

Premium Domestic

Fordham Copperhead Ale • Shock Top • Goose Island India Pale Ale • Becks NA Samuel Adams • Samuel Adams Seasonal • Sierra Nevada • Heavy Seas Selection

-5.50

Imports

Corona • Stella Artois • Newcastle

-6.

BEVERAGES

locally roasted

rise up coffee* - 2.75

add flavor +0.5 (vanilla, chocolate, raspberry, hazelnut)

hot tea... mighty leaf tea - 3.5

spiced tea* - 2.75

our signature iced tea infused with cloves and orange juice

hot chocolate... steamed - 4.

chai tea - 4.25

espresso - 2.75

cappuccino or latte - 4.25

add flavor +0.5 (vanilla, chocolate, raspberry, hazelnut)

sodas* - 2.75

iced tea* - 2.75

lemonade* - 2.75

milk - small - 3. / large - 5.

oj - small - 3.5 / large - 5.5 / liter - 12.

apple, cranberry, pineapple, grapefruit or tomato juice

small - 3. / large - 5.

 Vegetarian Choice  Gluten Free

* complimentary refills