



LUNCH MENU

Farm to Table

"Our chicken breast and beef is USDA certified organic. Our turkey, chicken and ham are 'No Antibiotics Ever,' 'All-Vegetarian Diet,' 'No Animal By-Products' and 'No Hormones or Steroids Added.' Our produce and fruit, fish and seafood is locally sourced in season where possible. We believe in supporting local small businesses as they support us. We will continue to strive for the purest and freshest ingredients available on the Eastern Shore."

MUNCHIES

CHICKEN TENDERS

Choose BBQ, Buffalo or naked. Honey mustard for dipping. **GF 8.**

BACON CHEDDAR NACHOS

Crisp bacon crumbles and melted Cheddar Jack cheese over house made corn chips and topped with our original salsa, creme fraiche and lettuce. **GF 9.**
Add Maryland lump crab 7.

VEGGIE QUESADILLA

Veggies (spinach, mushroom, and house made salsa) and melted Cheddar Jack cheese on a flour tortilla. Served with herb infused creme fraiche. 10.
Add chicken or bacon 2. Add Crab 7.

SOUPS

MARYLAND CRAB

cup 7. bowl 9.

GAZPACHO

cup 6. bowl 8.

Add Maryland lump crab 3.50

SALADS

TACO SALAD

Romaine lettuce, avocado slices, vine ripened tomatoes, shredded cheddar jack cheese, topped with grilled chicken and all served in a freshly baked tortilla shell. Ranch dressing served on the side. 13.

CAESAR SALAD

Whole Romaine hearts drizzled with our house made Caesar dressing and sprinkled with fresh shaved Parmesan cheese. Served with an herbed crustini and Parmesan Pinwheel. 12.

GREEK SALAD

Fresh Romaine lettuce with Kalamata olives and black olives, pepperoncini peppers, red onions, feta cheese and vine ripened tomatoes. Served with our house made Greek dressing. **GF 12.**

CHOPPED SALAD

Our classic keeps getting better! Fresh mixed greens with tomatoes, egg, carrots, cucumber, sweet dried cranberries, crumbled Danish bleu cheese and ringed with avocado slices. Served with a zippy raspberry vinaigrette dressing. **GF 12.**

SALAD TOPPERS: Maryland jumbo lump crab cake 10.; grilled chicken 6.; bacon 2.; guacamole 2.; fresh catch 8.



SANDWICHES & WRAPS

All sandwiches and wraps come with house made Penguin chips.

Substitute gluten free bread on any sandwich or gluten free roll on any burger for 2.25.

BEANIE'S BURGER

Juicy double burger with lettuce and tomato. Served on a bakery fresh Brioche bun. 12.

Choose your toppers:

Add sautéed onions, mushrooms or green peppers 1.

Add an egg, bacon, avocado or cheese 2.

Add thick cut bacon 3.

CHLOE'S FRESH FRUIT WRAP

A unique, fresh and healthy treat. A whole wheat wrap with seasonal fruit and brie cheese. Simple and delicious! 11.

ADULT GRILLED CHEESE

Our grilled triple decker Cabot Vermont white cheddar cheese sandwich with tomatoes. Served on wheat bread. 11.
Add bacon 2.

BIG AL'S CRAB CAKE

Our Maryland jumbo lump crab cake served on a grilled Brioche bun with lettuce and tomato. 18.

CUBANO

A flavor explosion! Lightly spiced pork loin, oven baked ham, pickles, Swiss cheese and mustard on a grilled ciabatta roll. 12.

JEFF'S FAMOUS FISH TACOS

Fresh catch of the day with melted Cabot cheddar on corn tortillas with seasoned shredded lettuce, avocado, house made salsa and Ancho Rancho sauce. You have to try these tacos! **GF 14.**

ALBACORE TUNA MELT

Fresh Albacore tuna on an oversized English muffin, diced tomato and topped with melted Cabot white Vermont cheddar cheese. Yum. 11.

ROBIN'S WRAP

A Bethany favorite! Our oven roasted turkey breast with dried cranberries, chunky Granny Smith apples and Brie cheese wrapped in a flour tortilla. 11.

CHICKEN CAESAR WRAP

Grilled chicken breast, fresh romaine lettuce, freshly grated Parmigiano Reggiano cheese tossed with our house Caesar dressing and folded into a flour wrap. 11.

FRESH SALMON BLT

Fresh grilled Salmon, bacon, lettuce and tomato, drizzled with our original basil aioli all on a grilled Ciabatta roll. 15.



Gluten free bread & rolls available.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.