



DINNER MENU

Farm to Table

We serve the freshest, all natural meats, poultry, seafood and produce available!

STARTERS

STONE FIRED VEGGIE FLAT BREAD

Topped with brie, Vermont cheddar, green pepper, mushroom, onion and fresh basil, tossed in olive oil and garlic. 6.

Add shrimp 5. Add chicken 3.

DEVILED EGGS

Just like you remember. 6.

Add Maryland crab 2. **GF**

FRIED GREEN TOMATOES 6. **GF**

Add Maryland crab 2.

CHOPPED CAESAR SALAD 6.

PENGUIN HOUSE SALAD 5. **GF**

CANINO'S CAPRESE SALAD

Sliced local tomatoes and fresh mozzarella topped with basil. Served with stone ground wheat crackers. 8.

CALAMARI

Flash fried calamari served with marinara sauce. 11. **GF**

BURGER BAR

All burgers half pound and served with french fries. Substitute a gluten free bun 2. **GF**

BETHANY BURGER

Prime grass fed beef blackened and served on a Brioche bun with avocado, Vermont cheddar and an over easy egg. 16.

THE GREEN MOUNTAIN BURGER

Prime beef with lettuce and tomato and our house made Vermont maple brie sauce on Brioche bun. You have to try this sauce! 16.

PORTOBELLO BRIE BURGER

Sliced Portobello mushroom roasted with fresh spinach, tomato, green pepper and topped with our basil aioli brie sauce. Served on a Brioche bun. 14.

CHEESE BURGER WRAP

Prime fresh beef grilled with green pepper, onion, tomato, our basil aioli sauce and American cheese, all rolled in a flour wrap. 14.

CLASSIC PENGUIN SEAFOOD PLATTERS

CRAB CAKE PLATTER

A jumbo lump Maryland crab cake with sweet fries and veggie of the day. 21.

FRESH CATCH OF THE DAY

Choose blackened or grilled. Served with sweet fries and veggie of the day. 18.

FISH AND CHIPS

Fried Catch of the Day served with french fries. 16.

SALADS

SALAD TOPPERS: fresh fish, crab cake or shrimp 8, chicken 5, bacon 2

CHICKEN CAESAR

Grilled or blackened chicken breast 14.

CHOPPED

Fresh Romaine tossed with carrot, cucumber, dried cranberries, egg, Vermont cheddar cheese, tomato, avocado, sun flower seeds and cashews. Served with house balsamic vinaigrette. 14.

SEAFOOD SALAD DUO

Delicious crab and Albacore tuna salad with stone ground wheat crackers and sliced tomatoes. 17.

HOUSE SEAFOOD SALAD

Crab and shrimp on crisp Romaine lettuce, tomato, red onion and cucumber. 17.



MAC & CHEESE BAR

Served with french fries.

MAMA'S MACARONI & VERMONT CHEDDAR

Our house made mac and cheese topped with cracker crumbs and baked golden brown. 12.

- Maryland lump crab 16.
- baked ham 14.
- bacon 14.
- grilled shrimp 16.
- grilled salmon 16.

TACO BAR

All tacos served on gluten free corn tortillas with Vermont cheddar, avocado, seasoned lettuce, house salsa and Ancho Rancho sauce. Served with french fries. Your choice of grilled or blackened.

FRESH CATCH TACOS 16.

SHRIMP TACOS 16.

CHICKEN TACOS 14.

FRESH SALMON TACOS 16.

VEGGIE TACOS

Grilled spinach, Portobello mushroom, Vermont white cheddar, avocado, house salsa and Ancho Rancho sauce. 14.



Gluten free bread & rolls available.

Follow us!



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