



BREAKFAST MENU

— Farm to Table —

CELEBRATING 10 YEARS!

STARTERS

KATIE'S PENGUIN PARFAIT

Heart healthy! Delicious and nutritious low fat vanilla yogurt layered with our cashew granola and fresh seasonal fruit. **GF** 8. (contains nuts)

NUTELLA DELIGHTS

Our delicious Brioche stuffed with Nutella and bananas, dipped in our special batter and grilled to a golden brown. 7.

HEAVENLY DEVEILED EGGS **GF** 6.

Top with bacon or crab 2.

Is it 9am?

Time for a bloody mary or maybe a mimosa!!

OMELETS

Served with home fries and your choice of wheat, white or rye toast. Choose a English muffin or bagel for 1.

PENGUIN HAM & CHEESE

A classic! This omelet is loaded with oven baked ham and American cheese. **GF** 11.

Make it a Western - add sautéed green peppers & onions 1.

OLYMPIC GREEK OMELET

We are told that this is the best Greek omelet around! Sautéed fresh spinach, diced tomatoes, Kalamata and black olives with melted Feta cheese. **GF** 12.

BALTIMORE

Lump crab meat, sautéed diced tomato and baby Swiss cheese. A Bethany Beach favorite! **GF** 17.

SPINACH, MUSHROOM & SWISS

Fresh spinach and sautéed mushrooms with melted mild baby Swiss cheese. **GF** 11.



BREAKFAST ENTREES



JEN'S VEGGIE SCRAMBLER

Three eggs scrambled with Vermont cheddar, mushroom, onion, spinach, tomato and green peppers on an open faced English muffin. Served with fresh seasonal fruit. 12.

Add bacon. 3.

Add salmon or crab. 5.

EGG WHITE WRAP

A healthy start to your day! Guilt free egg whites, grilled fresh spinach and mushrooms wrapped in a whole wheat tortilla. 11.

Add cheese 2.

Add bacon, scrapple, sausage or ham 3.

Add salmon or crab. 5.

FRENCH TOAST

The best French toast this side of the Assawoman Bay. Made with thick Brioche bread grilled to a golden brown. Served with warm Vermont Maple Syrup. 12.

Granola encrusted french toast 1. (contains nuts)

HUEVOS RANCHEROS

Black beans, Mexican Chorizo sausage and fresh eggs done your way. **GF** 12.

ANDY'S JUMBO BREAKFAST WRAP

Soft flour tortilla packed with home fries, scrambled eggs and Vermont white cheddar cheese. 11.

Add bacon, scrapple, sausage, turkey links or ham. 3.

Add salmon or crab. 5.

THE CLASSIC COMBO

Two eggs done your way, choice of bacon, sausage patties, turkey links, scrapple, ham or fresh fruit. Choice of wheat, rye or white toast. Served with home fries. **GF** 11.

Add cheese 2.

FRENCH TOAST COMBO

Fresh bakery Brioche French toast, two eggs any style and bacon. Served with warm Vermont maple syrup. 12.

Granola encrusted french toast 1. (contains nuts)

LEE LEE'S PANCAKES

Plain, chocolate chip, blueberry or Nutella!

Sprinkled with confectioner's sugar and served with warm Vermont Maple Syrup! 11.

Add two eggs. 4.

SUNRISE OVER BETHANY

Two sunnyside eggs over avocado and salsa on toasted wheat bread. Served with fresh fruit. 11.

SIDES

Bacon 4. • Sausage Patties 4. • Turkey Links 4. • Rapa Scrapple 4. • Home Fries 3. • Fries 4.
Sweet Potato Fries & VT Maple Syrup for Dipping 7. • Penguin Chips 4. • Fresh Fruit (seasonal selection) 5.
Short Stack 6.5 • Bagel & Cream Cheese (Fresh Chive or plain) 4.50 • French Toast 6. • Gluten Free Toast 4.



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.



LUNCH MENU

Farm to Table

"Our beef is grass fed and no antibiotics ever. 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."

Join us for Happy Hour every day from 3- 6pm! Check out our board for specials.

SALADS & SOUPS

SALAD TOPPERS: Blackened or Grilled Fresh Catch 8, Fresh Maryland crab meat 8, Blackened or Grilled Chicken 5, Roasted Turkey breast 5, Bacon 2.

TACO SALAD

Romaine lettuce, avocado slices, vine ripened tomatoes, shredded Vermont white cheddar cheese, topped with grilled chicken and all served in a freshly baked tortilla shell. House made buttermilk ranch dressing on the side. 13.

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! Romaine lettuce with tomatoes, egg, carrots, cucumber, sweet dried cranberries, Vermont cheddar cheese, roasted sun flower seeds, cashews and avocado. Served with house balsamic vinaigrette. **GF** 14.

CREAM OF CRAB SOUP

cup 6. bowl 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.

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.

VEGGIE QUESADILLA

Spinach, mushroom, house made salsa and Vermont cheddar cheese on a flour tortilla. 10.

Add bacon 2. Add chicken 5.

Add fresh Maryland crab meat 8.

CHICKEN TENDERS

Choose BBQ, Buffalo or naked. Honey mustard for dipping. **GF** 9.

ADULT GRILLED CHEESE

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

JEFF'S FAMOUS FISH TACOS

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

SALMON BLT

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

ALBACORE TUNA MELT

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

ROBIN'S WRAP

A Bethany favorite! 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, grated Parmigiano Reggiano cheese tossed with our house Caesar dressing and folded into a flour wrap. 11.



Gluten free bread & rolls available.

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