

The PENGUIN



DINNER MENU

Farm to Table

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

APPETIZERS

CHOPPED CAESAR SALAD 6.

PENGUIN HOUSE SALAD 5. **GF**

CALAMARI

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

BOOSHY'S SPINACH ARTICHOKE DIP

Served with house made corn tortilla chips. 10.

LITTLE FINGERS

Chicken tenders with your choice of BBQ, Buffalo or Naked. Honey mustard for dipping. **GF** 9.

GRILLED GARLIC SHRIMP 11.

BURGER BAR



All burgers are grass fed half pounders and served with house made Penguin chips. Substitute a gluten free bun 2. **GF**

BETHANY BURGER

Double burger blackened and served on a Brioche bun with avocado, Vermont cheddar and an over easy egg. 16.

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 bacon or cheese 2.

TACO BAR

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

FRESH CATCH TACOS 16.

SHRIMP TACOS 16.

CHICKEN TACOS 16.

FRESH SALMON TACOS 16.

VEGGIE TACOS

Grilled spinach, mushrooms, seasoned lettuce, 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.

SALADS & SOUPS

SALAD TOPPERS: Blackened or Grilled Fresh Salmon or Rockfish 8, Fresh Maryland crab meat 8, Bacon 3, Blackened or Grilled Chicken 5, Roasted Turkey breast 5

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 ranch dressing. **GF** 14.

TACO SALAD

Romaine lettuce, avocado slices, house salsa, 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** 13.

CREAM OF CRAB SOUP

cup 6. bowl 8.



MAC & CHEESE BAR

Served with house made Penguin chips.

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.

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.

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. 12.

SALMON BLT

Fresh grilled Salmon, bacon, lettuce and tomato, drizzled with our original basil aioli on a grilled Ciabatta roll. 16.

CHEESEBURGER WRAP

Prime fresh beef grilled with green pepper, onion, tomato, our basil aioli sauce and American cheese all rolled in a flour wrap. 12.

VEGGIE EXPLOSION

Cheddar cheese plus sauteed spinach, mushroom, tomato, green pepper, onion and avocado presented on a grilled Brioche bun spread with Basil aioli. 12.

ALBACORE TUNA MELT

Fresh Albacore tuna on an oversized English muffin, tomato and topped with melted white Vermont cheddar cheese. Yum. 12.

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. 12.