

The Penguin

105 Garfield Pkwy 19930-7706 · +13025418017 · Updated: Jan 14, 2026

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STARTERS 3

Katie's Penguin Parfait

\$7.00

Heart healthy! Delicious and nutritious low fat vanilla yogurt layered with our house made granola and fresh seasonal fruit

Nutella Delights

\$7.00

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

Thick Cut Maple Glazed Bacon

\$8.00

A delicious way to whet your appetite. Thick cut applewood smoked bacon glazed with Vermont maple syrup

OMELETS 5

Penguin Ham & Cheese

AVAILABLE OPTIONS

A classic! This omelet is loaded with oven baked ham and American cheese

\$11.00

Make It a Western - Add Sautéed Green Peppers & Onions:

\$1.00

Baltimore

\$7.00

This omelet is loaded with Maryland lump crab meat, sautéed diced tomato and baby Swiss cheese. A Bethany Beach favorite!

Olympic Greek Omelet

\$12.00

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

Spinach, Mushroom & Swiss

\$11.00

Locally sourced fresh spinach and sautéed mushrooms with melted mild baby Swiss cheese

Jen's Salmon Craving

\$15.00

Salmon lovers unite! Beautiful, fresh salmon, Vermont white cheddar, sautéed onions and vine-ripened tomatoes all wrapped up in a fabulous omelet

BREAKFAST ENTREES 9

Egg White Wrap

AVAILABLE OPTIONS

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

\$10.00

Add Cheese: **\$2.00**

Add Bacon, Scrapple, Sausage or Ham:

\$3.00

French Toast

The best French toast this side of the Assawoman Bay. Two pieces of bakery thick Brioche bread dipped in our house made batter and grilled to a golden brown. Served with warm Vermont Maple Syrup

AVAILABLE OPTIONS

\$12.00

Granola Encrusted French Toast: \$1.00

French Toast Combo

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

\$12.00

Huevos Rancheros

Crisp corn tortillas topped with house made black bean mash, Mexican Chorizo sausage and finished with two fresh eggs done your way. Served with a dolop of herb infused creme fraiche

\$12.00

Fresh Maryland Jumbo Crab Cake & Egg

Baltimore style crab cake topped with an over easy egg and melted baby Swiss on a grilled Brioche bun. Served with home fries

\$20.00

Andy's Jumbo Breakfast Wrap

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

AVAILABLE OPTIONS

\$10.00

Add Bacon, Scrapple Sausage or Ham:

\$3.00

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

AVAILABLE OPTIONS

\$10.00

Add Cheese: \$2.00

Penguin Pancakes

Made plain, with chocolate chips, blueberries or Nutella! Sprinkled with confectioner's sugar and served with warm Vermont Maple Syrup!

AVAILABLE OPTIONS

\$10.00

Add Two Eggs: \$4.00

Sunrise over Bethany

Two sunnyside eggs over sliced avocado and salsa on toasted wheat bread. Served with a side of fresh fruit

\$10.00

SIDES 13

Bacon	\$4.00
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Sausage Patties	\$4.00
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Turkey Links	\$4.00
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Rapa Scrapple	\$4.00
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Home Fries	\$3.00
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Fries	\$4.00
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Sweet Potato Fries & VT Maple Syrup for Dipping	\$7.00
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Penguin Chips	\$4.00
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Fresh Fruit	\$5.00
seasonal selection	
Short Stack	\$6.50
Bagel & Cream Cheese	\$4.50
Fresh Chive or plain	
French Toast	\$6.00
Gluten Free Toast	\$4.00

LIGHT FARE ENTREES 9

Vermonter	\$15.00
Gourmet 8oz. 100% organic grass-fed beef patties served on a fresh brioche bun and smothered in Vermont sharp cheddar cheese, topped with thick-cut applewood smoked maple sugar bacon. Served with lettuce, tomato, red onion, pickle and French fries; Gluten Free on request	
Fried Rockfish Sandwich	
Flash fried Rockfish sandwich served with lettuce, tomato, red onion and pickles; Gluten Free on request	
Southern Fried Chicken	\$15.00
Buttermilk battered; 100% organic, free range, chicken breast on toasted brioche, lettuce, tomato, red onion and pickles with a lemon caper remoulade. Served with french fries; Gluten Free on request	
Fish Tacos	\$15.00
Fresh catch of the day in corn tortilla, blackened or grilled, lettuce, salsa, avocado, Vermont cheddar cheese and topped with Ancho Rancho sauce	
Softshell Sandwich	\$15.00
Fresh, local; whole fried MD softshell crab; Gluten Free on request	
Chopped Salad	\$10.00
Fresh mixed greens with tomatoes, egg, carrots, cucumber, sweet dried cranberries, crumbled Danish bleu cheese and avocado slices. Served with a raspberry vinaigrette	
Fresh Peach Salad	AVAILABLE OPTIONS
Fresh spring mix, crumbled bleu cheese, pickled red onion, fresh peaches, candied pecans and a citrus vinaigrette dressing	\$10.00
	Add Crabcake: \$12.00
	Add Fresh Catch: \$12.00
	Add Chicken: \$5.00
	Add Scallops: \$10.00
	Add Shrimp: \$10.00
Eggplant Invoitini	\$16.00
Fresh locally harvested eggplant layered with three cheeses and our house made marinara	
Penne a La Vodka with Shrimp	\$26.00
Herb grilled shrimp over penne pasta with our chef inspired vodka sauce	

ENTREES 6

Maryland Crab Cakes

AVAILABLE OPTIONS

Jumbo lump crab meat. Your choice of 1 or 2 jumbo lump crab cakes

\$20.00

\$28.00

Catch of the Day

AVAILABLE OPTIONS

Fresh catch topped with Maryland jumbo lump crab salad with lemon chive dressing

\$28.00

Without Crab Salad: \$24.00

12oz Ribeye

\$28.00

100% organic grass-fed beef, topped with garlic herb butter

½ Roasted Chicken

\$21.00

Free range, organic chicken; topped with a raspberry glaze

Seared Scallops

\$28.00

Fresh seared scallops drizzled with garlic herb butter

Pork Porterhouse

\$16.00

Grilled and glazed with a pineapple mango jalapeno jam

MUNCHIES ³

Chicken Tenders

\$8.00

Choose BBQ, Buffalo or naked. Honey mustard for dipping

Bacon Cheddar Nachos

AVAILABLE OPTIONS

Crisp bacon crumbles and melted Cheddar Jack cheese over house made corn chips and topped with our original salsa, creme fraiche and lettuce

\$9.00

Add Maryland Lump Crab:

\$7.00

Veggie Quesadilla

AVAILABLE OPTIONS

Veggies (spinach, mushroom, and house made salsa) and melted Cheddar Jack cheese on a flour tortilla.

\$10.00

Served with herb infused creme fraiche

Add Chicken or Bacon: \$2.00

Add Crab: \$7.00

SOUPS ²

Maryland Crab

AVAILABLE OPTIONS

Cup: \$7.00

Bowl: \$9.00

Gazpacho

AVAILABLE OPTIONS

Cup: \$6.00

Bowl: \$8.00

Add Maryland Lump Crab: \$3.50

SALADS ⁴

Taco Salad

\$13.00

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

Caesar Salad	\$12.00
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	
Greek Salad	\$12.00
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	
Chopped Salad	\$12.00
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	
SANDWICHES & WRAPS 10	
Beanie's Burger	\$12.00
Juicy double burger with lettuce and tomato. Served on a bakery fresh Brioche bun. 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	\$11.00
A unique, fresh and healthy treat. A whole wheat wrap with seasonal fruit and brie cheese. Simple and delicious!	
Adult Grilled Cheese	AVAILABLE OPTIONS
Our grilled triple decker Cabot Vermont white cheddar cheese sandwich with tomatoes. Served on wheat bread	
	\$11.00
	Add Bacon: \$2.00
Big Al's Crab Cake	\$18.00
Our Maryland jumbo lump crab cake served on a grilled Brioche bun with lettuce and tomato	
Cubano	\$12.00
A flavor explosion! Lightly spiced pork loin, oven baked ham, pickles, Swiss cheese and mustard on a grilled ciabatta roll	
Jeff's Famous Fish Tacos	\$14.00
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!	
Albacore Tuna Melt	\$11.00
Fresh Albacore tuna on an oversized English muffin, diced tomato and topped with melted Cabot white Vermont cheddar cheese. Yum	
Robin's Wrap	\$11.00
A Bethany favorite! Our oven roasted turkey breast with dried cranberries, chunky Granny Smith apples and Brie cheese wrapped in a flour tortilla	
Chicken Caesar Wrap	\$11.00
Grilled chicken breast, fresh romaine lettuce, freshly grated Parmigiano Reggiano cheese tossed with our house Caesar dressing and folded into a flour wrap	
Fresh Salmon BLT	\$15.00
Fresh grilled Salmon, bacon, lettuce and tomato, drizzled with our original basil aioli all on a grilled Ciabatta roll	