



Pentagon Dining Room

APPETIZERS

Maryland Style Crab Cake
Pan Seared, served with Lemon Caper
Aioli
Calories 594 Total Fat 9 Sodium 527 Total Carb 8
Protein 38
8.95

Fried Coconut Shrimp
with Tropical Fruit Salsa
Calories 292 Total Fat 12 Sodium 650 Total Carb 14
Protein 29
9.50

Asian Chicken Wings
Grilled Chicken Wings tossed with Asian
Style Barbeque Sauce
Calories 435 Total Fat 15 Sodium 320 Total Carb 20
Protein 8
7.95


Homemade Chips
Calories 965 Total Fat 24 Sodium 644 Total Carb 30
Protein 7
3.95

Butternut Squash Soup
Cup 4.95 Bowl 6.95
Calories 217 Total Fat 2 Sodium 187 Total Carb 3

Cheese Board
Local Farm Cheeses
Calories 965 Total Fat 14 Sodium 421 Total Carb 30
Protein 7
9.95


Soup Of the Day
Cup 4.95 Bowl 6.95

SALADS

 **Baby Spinach Salad**
Roasted Beets, Crumbled Goat Cheese,
White Balsamic Dressing
Calories 624 Total Fat 6 Sodium 597 Total Carb 11 Protein
3
9.95

Classic Caesar Salad with Garlic Toast
Calories 527 Total Fat 12 Sodium 326 Total Carb 23
Protein 519
9.50

Mixed Green Salad
Spring Greens, Dry Cranberries,
Crumbled Blue Cheese & Red Wine
Vinaigrette
Calories 725 Total Fat 11 Sodium 432 Total Carb 7 Protein
6
11.50

 **Arugula Salad**
Baby Arugula, Sliced Almonds, Fresh
Pears & Balsamic Vinaigrette
Calories 579 Total Fat 6 Sodium 373 Total Carb 12
Protein 14
8.75

with Grilled Chicken
Calories 689 Total Fat 19 Sodium 379 Total Carb 23
Protein 31
13.95

with Grilled Salmon
Calories 754 Total Fat 18 Sodium 412 Total Carb 23
Protein 31
15.50


House Green Salad
Spring Greens, Fresh Cucumber, Cherry
Tomatoes & Red Wine Vinaigrette
Calories 68 Total Fat 6 Sodium 594 Total Carb 2
Protein 1
5.50

SANDWICHES

Our sandwiches are served with French Fries

Classic Reuben
Corned Beef, Sauerkraut, Swiss Cheese
& 1000 Island Dressing
Calories 1057 Total Fat 27 Sodium 354 Total Carb 38
Protein 34
13.95

Buffalo Chicken Sandwich
Grilled Chicken tossed with Buffalo Sauce,
Iceberg Lettuce & Blue Cheese Dressing
Calories 879 Total Fat 22 Sodium 376 Total Carb 8 Protein
18
12.50

 **Chicken Salad Sandwich**
A creamy Chicken Salad on
Wheatberry Bread
Calories 785 Total Fat 17 Sodium 524
Total Carb 24 Protein 14
10.75

BBQ Pulled Pork
Slow Roasted Pork tossed with
Barbeque Sauce
Calories 570 Total Fat 34 Sodium 711 Total Carb 22
Protein 42
10.25

Pentagon Hamburger
1/2 LB Certified Angus Beef on Fresh Kaiser
Roll served with Lettuce, Tomato & Onion
Calories 830 Total Fat 22 Sodium 876 Total Carb 24
Protein 41
11.50

Turkey Club
House roasted Turkey Breast, Avocado,
Bacon, Lettuce & Tomato with Honey
Mustard
Calories 675 Total Fat 30 Sodium 478 Total Carb 20
Protein 25
11.25

Entrées

SHRIMP ALFREDO

Sauteed Rock SHRIMP, tossed with GARLIC, White Wine, Cream & Parmesan Cheese

Calories 926 Total Fat 35 Sodium 670 Total Carb 58 Protein 14
14.95

Sausage & Chicken Farfalle

Sauteed Chicken & Pork Sausage, tossed with Bell Peppers, Onions, Marinara Sauce & Cream

Calories 836 Total Fat 16 Sodium 603 Total Carb 50 Protein 26
13.95

Seared Salmon

Atlantic Salmon served with French Lentils, Pearl Onions and Cider Sauce

Calories 566 Total Fat 36 Sodium 566 Total Carb 30 Protein 36
15.95

Baked Cod

Topped with Seasoned Breadcrumbs, served with Roasted Red Potatoes & Sauteed Spinach

Calories 985 Total Fat 12 Sodium 224 Total Carb 7 Protein 17
13.95



Beef Stew

Traditional Stew with Carrots & Mushrooms, served over Egg Noodles

Calories 875 Total Fat 18 Sodium 678 Total Carb 26 Protein 22
13.95

Flank Steak

Sweet Masked Potato & Fried Onions

Calories 732 Total Fat 15 Sodium 312 Total Carb 24 Protein 19
15.95

Pork Loin Medallions

Served over Wild Rice Blend with Caramelized Onions, Apple Compote & Balsamic Sauce

Calories 836 Total Fat 31 Sodium 603 Total Carb 50 Protein 37
14.95

Sides

French Fries, Homemade Chips, Seasonal Daily Vegetables

3.95

Young Gourmets

(12 & Under)

Your choice for 7.95

Children's Burger

4 oz Certified Angus Beef on fresh roll, served with French fries

Calories 415 Total Fat 11 Sodium 412 Total Carb 12 Protein 20

Add Cheese

1

Pasta

Pasta served with either Marinara or Alfredo sauce

Calories 522 Total Fat 6 Sodium 219 Total Carb 14 Protein 9

Grilled Cheese

American Cheese, Swiss, or combination, served with French fries

Calories 427 Total Fat 8 Sodium 317 Total Carb 27 Protein 11

Beverages

Iced tea, Pepsi[®] Sodas – Variety 2.25

Fresh Ground Coffee - Shade-grown Costa Rica, Fair Trade 2.50 Cappuccino 3.75 Espresso 2.75

Please refrain from bringing food or beverage purchased from outside establishments into the restaurant

18% Gratuity and Single Check for parties of 8 or more

If a receipt is not provided, your purchase is free.



Chef will be pleased to expedite these items upon your request.

* Eating raw or undercooked meat, poultry, eggs or seafood poses a health risk to everyone, and especially to the elderly, young children under age 4, pregnant women and other highly susceptible individuals with compromised immune systems. Thorough cooking of such animal foods reduces the risk of illness.

www.PentagonDiningRoom.com