

ST. REGIS BAR & GRILL

APPETIZERS

KETTLE CHIPS	\$6.50
Salt & pepper kettle chips w/ french onion dip	
POUTINE.....	\$8.00
Gluten free beef gravy, french fries, cheese curds	
+ <i>\$8 pulled pork</i>	
DRY RIBS.....	\$8.00
Cajun-style bone in dry ribs w/ ranch dip	
PICKLE FRIES.....	\$9.00
Spiced breaded pickles w/ ranch dip	
POTATO SKINS.....	\$9.00
Cheddar & jack cheese, bacon, green onion w/ sour cream	
HUMMUS PLATE.....	\$10.00
Carrots, bell peppers, celery, cucumber, tomato, garlic cilantro naan bread	
MEATBALLS.....	\$10.00
Two house-made meatballs, tomato sauce, garlic cheese toast	
SHRIMP GYOZAS.....	\$10.00
Shrimp gyoza, sweet soy, green onions, soya sauce	
FRY TRIO.....	\$10.50
Onion rings, fries and yam fries w/ smoked onion aioli & chipotle aioli	
COCONUT SHRIMP.....	\$11.00
Coconut breaded shrimp w/ house-made curry dip	
STUFFED YORKIES.....	\$13.50
Shaved beef, caramelized onion w/ au jus and horseradish sour cream	
WINGS.....	\$14.50
Hot, teriyaki, salt & pepper, smoky BBQ, lemon pepper, maple bacon, honey sriracha w/ ranch dip	
HALF NACHOS / FULL NACHOS.....	\$11.50/\$18.00
Tortilla chips, corn, pickled jalapeño, black beans, tomatoes, banana peppers, drop peppers, three cheese blend w/ salsa & sour cream	
+ <i>\$3 guacamole / +\$4 beef, chicken or pulled pork</i>	

SALADS

+*\$5 grilled chicken / +\$5.50 cajun chicken / +\$9 grilled salmon*

HOUSE SALAD.....	\$10.00
Organic greens, balsamic vinaigrette, grape tomatoes, cucumbers, red onion, carrot curls	
CAESAR SALAD.....	\$10.00
Romaine, caesar dressing, seasoned croûtons, grated parmesan, fresh lemon wedge	
QUINOA SALAD.....	\$16.00
Organic greens, balsamic vinaigrette, mint infused quinoa, roasted root vegetables, dried cranberry, grape tomatoes, feta, lemon pepper crostini	
SOUTHWEST SALAD.....	\$16.50
Organic greens, avocado cilantro dressing, black beans, sweet corn, crispy bacon, sweet drop peppers, three cheese blend, crispy tortilla strips, cajun chicken	
COBB SALAD.....	\$17.00
Organic greens, choice of ranch or balsamic dressing, avocado, grape tomato, hard-boiled egg, crispy bacon, three cheese blend, grilled chicken	

PASTAS & BOWLS

BACON GARLIC LINGUINE.....	\$15.00
Linguine, creamy garlic sauce, bacon, grape tomato, green onion	
BAKED JALAPEÑO MAC & CHEESE.....	\$15.00
Sautéed jalapeños, egg noodles, three cheese bechamel, spiced bread crumbs	
SPICY NOODLE BOWL.....	\$16.00
Sautéed chicken, stir-fried vegetables, teriyaki sauce	
+ <i>\$1 sub shaved beef</i>	
COCONUT CURRY BEEF BOWL.....	\$16.00
Sautéed shaved beef, stir-fried vegetables, basmati rice, yellow coconut curry	
PESTO CHICKEN PENNE.....	\$18.00
Sautéed chicken, mixed mushrooms, tomatoes, black olives, olive oil pesto	
+ <i>\$1 add cream</i>	

HAND HELDS

*Served with fries, house salad or feature soup
+\$2 caesar salad, yam fries or onion rings*

CLASSIC GRILLED CHEESE.....	\$11.00
Cheddar, swiss, jack cheese, organic whole wheat bread	
PULLED PORK SANDWICH.....	\$14.50
BBQ pulled pork, smoked onion aioli, house slaw, garlic toasted brioche	
TURKEY CLUB.....	\$15.00
Lemon pepper turkey, bacon, tomato, lettuce, mayo, organic whole wheat	
CHICKEN SANDWICH.....	\$16.00
Avocado, lettuce, tomato, red onion, jack cheese, smoked onion aioli, toasted brioche (<i>choice of grilled or crispy buttermilk chicken</i>)	
REGIS REUBEN.....	\$18.00
New York style corned beef, sauerkraut, swiss cheese, smoked onion aioli, garlic toasted marble rye	
REGIS BEEF DIP.....	\$18.50
Shaved roast beef, sautéed mushroom swiss cheese, sautéed onions, horseradish mayo, garlic toasted filone w/ beef au jus	
OPEN FACE STEAK SANDWICH.....	\$20.00
7oz striploin, sautéed mushrooms, sautéed onions, garlic toasted filone	

+*\$1 bacon, sautéed mushrooms, swiss, cheddar, monterey jack
or caramelized onions*

+*\$2 caesar salad, yam fries or onion rings*

GARDEN BURGER.....	\$16.00
House-made quinoa burger, lettuce, tomatoes, red onion, smoked onion aioli, avocado cilantro sauce, garlic toasted brioche	
REGIS BURGER.....	\$16.00
House ground beef, lettuce, tomatoes, red onion, smoked onion aioli, garlic toasted brioche	

PIZZA

House-made pizza dough with fresh mozzarella

PEPPERONI PIZZA.....	\$15.00
Pepperoni, bell peppers, chiffonade basil	
HAM & PINEAPPLE.....	\$15.00
Ham, pineapple, chiffonade basil	
MARGHERITA.....	\$16.00
Marinated roma tomatoes, bocconcini, chiffonade basil	
FUNGI.....	\$16.00
Mixed mushrooms, confit garlic, caramelized onions	

MAINS

PULLED PORK CHILI.....	\$10.00
Sour cream, three cheese blend, banana pepper cornbread	
CHICKEN FINGERS.....	\$14.50
Hand breaded strips w/ plum sauce or honey mustard, choice of side	
FISH & CHIPS.....	\$16.00
Beer battered Ocean-Wise cod, house slaw, french fries w/ tartar sauce	
SAUSAGE MEDALLION ENTREE.....	\$16.00
Three sausage medallions, confit garlic mashed potatoes, caramelized onions, seasonal vegetables, rosemary biscuit w/ gravy	
WILD PINK SALMON.....	\$21.00
Pan seared salmon, seasonal vegetables, lemon pilaf rice, fresh lemon wedge	

DESSERT

CARAMEL FUDGE SUNDAE.....	\$8.00
Two scoops of vanilla ice cream, caramel sauce, chocolate fudge, whipped cream maraschino cherry	
BAKED COOKIE SKILLET.....	\$9.00
House-made white chocolate chip cookie, shaved dark chocolate, vanilla ice cream, chocolate fudge	
FEATURE CHEESECAKE.....	\$11.00
Ask your server about today's flavour	



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*18% gratuity to be added to groups of 10+