

APPETIZERS

DRY RIBS

Cajun-style bone in dry ribs w/ ranch dip \$9.00

PICKLE FRIES

Spiced breaded pickles w/ ranch dip \$9.50

POTATO SKINS

Cheddar & jack cheese, bacon, green onion w/ sour cream \$9.50

HUMMUS PLATE

Carrots, bell peppers, celery, cucumber, tomato, garlic cilantro naan bread \$11.00

SHRIMP GYOZAS

Shrimp gyoza, sweet soy, green onions, soya sauce \$11.00

FRY TRIO

Onion rings, fries and yam fries w/ smoked onion aioli & chipotle aioli \$11.00

COCONUT SHRIMP

Coconut breaded shrimp w/ house-made curry dip \$11.50

STUFFED YORKIES

Shaved beef, caramelized onion w/ au jus and horseradish sour cream \$15.00

WINGS

Hot, teriyaki, salt & pepper, smoky BBQ, lemon pepper, maple bacon, honey sriracha w/ ranch dip: \$15.50

HALF NACHOS / FULL NACHOS

Tortilla chips, corn, pickled jalapeño, black beans, tomatoes, banana peppers, drop peppers, three cheese blend w/ salsa & sour cream +\$3 guacamole / +\$4 beef, chicken or pulled pork \$13.00/\$20.00

SALADS

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

HOUSE SALAD

Organic greens, balsamic vinaigrette, grape tomatoes, cucumbers, red onion, carrot curls \$11.00

CAESAR SALAD

Romaine, caesar dressing, seasoned croûtons, grated parmesan, fresh lemon wedge \$11.00

QUINOA SALAD

Organic greens, balsamic vinaigrette, mint infused quinoa, roasted root vegetables, dried cranberry, grape tomatoes, feta, lemon pepper crostini \$16.00

COBB SALAD

Organic greens, choice of ranch or balsamic dressing, avocado, grape tomato, hard-boiled egg, crispy bacon, three cheese blend, grilled chicken \$18.00

PASTAS & BOWLS

BACON GARLIC LINGUINE

Linguine, creamy garlic sauce, bacon, grape tomato, green onion \$16.00

BAKED JALAPEÑO MAC & CHEESE

Sautéed jalapeños, egg noodles, three cheese bechamel, spiced bread crumbs \$16.00

SPICY NOODLE BOWL

Sautéed chicken, stir-fried vegetables, teriyaki sauce +\$1 sub shaved beef \$17.00

COCONUT CURRY BEEF BOWL

Sautéed shaved beef, stir-fried vegetables, basmati rice, yellow coconut curry \$17.00

SANDWICHES

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

CLASSIC GRILLED CHEESE

Cheddar, swiss, jack cheese, organic whole wheat bread \$11.00

TURKEY CLUB

Lemon pepper turkey, bacon, tomato, lettuce, mayo, organic whole wheat \$16.00

CHICKEN SANDWICH

Avocado, lettuce, tomato, red onion, jack cheese, smoked onion aioli, toasted brioche (grilled) \$16.50

REGIS REUBEN

New York style corned beef, sauerkraut, swiss cheese, smoked onion aioli, garlic toasted marble rye \$18.00

REGIS BEEF DIP

Sautéed mushroom, frizzled onion, swiss cheese, horseradish aioli, jus, filone bun \$18.50

GARDEN BURGER

House-made quinoa burger, lettuce, tomatoes, red onion, smoked onion aioli, avocado cilantro sauce, garlic toasted brioche \$16.00

REGIS BURGER

House ground beef, lettuce, tomatoes, red onion, smoked onion aioli, garlic toasted brioche \$17.00

PIZZA

House-made pizza dough with fresh mozzarella

PEPPERONI PIZZA

Pepperoni, bell peppers, parsley \$15.00

HAM & PINEAPPLE

Ham, pineapple, parsley \$15.00

MARGHERITA

Marinated roma tomatoes, bocconcini, parsley \$16.00

FUNGI

Mixed mushrooms, confit garlic, caramelized onions \$16.00

MAINS

CHICKEN FINGERS

Hand breaded strips w/ plum sauce or honey mustard, choice of side \$14.50

FISH & CHIPS

Beer battered Ocean-Wise cod, house slaw, french fries w/ tartar sauce \$16.50

DESSERT

CARAMEL FUDGE SUNDAE

Two scoops of vanilla ice cream, caramel sauce, chocolate fudge, whipped cream maraschino cherry \$8.00

BAKED COOKIE SKILLET

House-made white chocolate chip cookie, shaved dark chocolate, vanilla \$9.00

DRINK MENU



THE
ST. REGIS
BAR & GRILL