

THE REGATTA BAR & GRILLE

SMALL PLATES

CURED MEATS & CHEESES _____	15/18
selection of meats and cheeses, olives, dijon & baguette	
POUND AND A HALF OF CHICKEN WINGS GF _____	12
choice of habanero, classic or bbq sauce with tangy slaw	
SESAME SEARED TUNA*GF _____	14
green beans & sweet chile sauce	
CORIANDER SEARED SCALLOPS* _____	17
corn creamed orzo & salsa fresca	
ROASTED CRAB CAKES _____	19
artichoke sauce, wilted spinach & seared lemon	
FRIED CHEESE CURDS _____	9
herbs & tomato sauce	
SHRIMP QUESADILLA _____	13
queso fresca, shrimp, green onion, mango salsa,	

HANDHELDS

THE FARMERS SANDWICH 15
turkey, bacon, lettuce, avocado, tomato, cheddar

CHICKEN CAESAR WRAP 13
romaine, grilled chicken breast, parmesan in a spinach tortilla

CUBAN SANDWICH 14
pulled pork, ham, pickles, swiss and mustard on pressed roll

MUST TRY
BLACKENED COD SANDWICH 13
true cod, tangy slaw, sliced tomato on french roll

* SERVED WITH FRIES, SWEET FRIES, CHIPS, OR SIDE GREEN SALAD *

BURGERS

BLACK RUM BACON SWISS BURGER* 17
swiss, bacon, stout braised onions, black rum bbq sauce

TURKEY BURGER 13
tomato chutney, spinach, onion

LAMB BURGER* 18
harissa mayo, pickled onion, goat cheese, preserved tomato, romaine

HOUSE BURGER* 15
choice of cheese and house made burger sauce

"BEYOND BURGER" 15
avocado, baby greens, tomato, red onion, chipotle aioli

* SERVED WITH FRIES, SWEET FRIES, CHIPS, OR SIDE GREEN SALAD *

Original Recipes
FROM SCRATCH

MAINS

Made Fresh
PER ORDER

6OZ BISTRO STEAK* GF _____ 23
fries & herb butter

8OZ GRILLED CENTER CUT SIRLOIN* GF _____ 28
roasted mushroom sauce, garlic mashed potatoes, grilled vegetables

LAMB BOLOGNESE _____ 19
domestic lamb, penne, parmesan & herbs

GARLIC & BASIL SHRIMP GF _____ 27
red potato & spinach hash

BBQ SPICED SALMON* GF _____ 29
corn succotash, sweet potatoes and apple/ fennel slaw

FLORENTINE CHICKEN _____ 23
pesto, preserved tomatoes, artichoke hearts, spinach & orzo

SALADS

SALAD ADDITIONS:
crispy shrimp (6pcs) 6/ salmon (3oz)* 6/ chicken 5

CAESAR SALAD _____ 5/10
romaine, parmesan, croutons, pine nuts, egg, caesar dressing

ITALIAN CHOP SALAD GF _____ 6/12
Salami, turkey, ham, provolone, pickled peppers, romaine, tomatoes, Italian dressing

GARDEN KALE SALAD GF _____ 6/12
roasted sweet potato, cauliflower, fennel, asparagus, pepitas, baby greens, lemon vinaigrette

SPINACH & AVOCADO SALAD GF _____ 6/12
quinoa, preserved tomato, feta

THE WEDGE GF _____ 5/10
bacon, tomatoes, red onion, blue cheese dressing

SOUP

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* ASK YOUR SERVER FOR TODAY'S OFFERING *

GF INDICATES GLUTEN-FREE ITEM

*NOTICE: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-

"In order to offer competitive compensation, we have implemented a mandatory 18% service fee. 100% of the fee goes directly to the service staff"

