



REGENCY
BAR & LOUNGE

Menu





Soups

Soup du Jour with Garlic Bread \$8

Soup du Jour with Jerked Chicken Panini \$13

Jerked Chicken Panini. Cheddar Cheese. Merlot Onion Jam

Soup du Jour with Filet Mignon Panini \$15

Filet Mignon Panini. Cheddar Cheese. Merlot Onion Jam

🌱 = VEGETARIAN 🌱 = VEGAN 🍷 = GLUTEN FREE 🌰 = NUT FREE 🍷 = NO ADDED SUGAR
🌰 = CONTAINS NUTS 🥛 = DAIRY FREE

Please advise your Server of any food allergies

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Salads

 **Greek Salad \$12** 

Romaine Lettuce. Feta. Tomato. Cucumber. Olives

 **Minted Watermelon & Feta Cheese Salad \$9** 

Fresh Mint. Mixed Greens. Balsamic Vinaigrette

  **Shaved Carrot & Pistachio Salad \$9** 

Carrot. Toasted Pistachio. Honey Citrus Vinaigrette

  **Roasted Broccoli & Nuts \$12** 

*Fresh Broccoli Florets. Orange Honey Vinaigrette
Cracked Peppercorn. Ginger Cashew*

 **Nutty Green Salad \$13**

*Fancy Greens. Candied Pecans. Toasted Almonds. Green Beans
House made Asian Dressing with Parmesan Pistachio Crostini*

Add to Salad

Bacon or Avocado + \$3 • Jerked Chicken + \$6 • Jerked Shrimp + \$10
Char-grilled Snapper + \$10 • Grilled Lobster + \$16
Grilled Filet Mignon + \$18

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Bites

Garlic Bruschetta \$8 

Assorted toppings : Lobster. Beef. Ackee & Corn Pork. Jerk Chicken Salad

Rice Balls \$12 

Assorted toppings : Curried Goat. Parmesan Broccoli. Scotchie Chicken

Salmon Rillettes \$11 

Smoked Salmon. French Baguette. Cream Cheese. Mayonnaise

Flatbread 

Chicken \$12 Vegetable \$9

Homemade Flatbread with your choice of topping

Smoked Salmon Croque Monsieur \$12 

Smoked Salmon. Hardough Bread. Fresh Thyme. Mustard. Cheddar Cheese

Loaded Nachos

Beef \$9 Chicken \$10 Shrimp \$12

Cheese Sauce. Fresh Tomato Salsa. Cheddar Cheese

Loaded Fries

Beef \$8 Chicken \$9 Shrimp \$11

Herbed Fries. Bacon. Cheddar Cheese Sauce. Salsa

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Bites

Wings Plate \$15

Jerk. Honey Whiskey. Tequila Lime. BBQ

Bacon Wrapped Dates \$12

Marinated Dates. Bacon Strips. Honey. Whiskey Glaze

Codfish Fritters \$10

House made Codfish Batter. Scotch Bonnet Pepper. RumFire Apple Chutney

Lobster Parmesan (Seasonal) \$13

Lobster Morsels. Panko Breadcrumbs. House made Tomato Sauce

Coconut Shrimp \$13

Herbed Marinated Shrimp. Toasted Coconut Flakes. Pineapple Rum Sauce

Escoveitched Fish Fingers \$14

*Strips of Snapper Fillet. Escoveitched Pickles. Arugula
Roasted Beets. Candied Pecan Salad*

Quesadillas

Chicken \$13 Shrimp \$15 Lobster \$17

Soft Tortillas. Cheese. Diced Onions. Escallions. Tomato Salsa. Crème Fraîche

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Pastas

Shrimp Penne \$14



Penne Pasta. White Wine. Shrimp. Parmesan Cheese

Spicy Lobster Linguine (Seasonal) \$15



*Linguine. White Wine. Lobster Morsels. Jerk Seasoning
Parmesan Cheese*

Rigatoni Bowl \$13

*Served with Parmesan Cheese & Garlic Bread with choice of
Jerked Chicken Alfredo or Marinara Meatball*

Comfort Plates

 Mixed Grill \$21

*Grilled Ribbon Chicken Skewers. BBQ Ribs. Shrimps. Rum BBQ Dipping Sauce
Seasoned Fried Potato Wedges. Sweet & Spicy Slaw*

Baked Mac & Cheese

Broccoli \$11 Lobster (Seasonal) \$16 Chicken \$12

Creamy Mac & Cheese. Scotch Bonnet Pepper

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Burgers & Sandwiches

House Made Burgers

Chicken \$14 

Crispy Fried Chicken. Spicy Honey Sauce

Surf & Turf \$15 

*Herb & Parmesan Crusted Fried Shrimp. Spicy Whiskey Sauce
Homemade Beef Patty. Kale Slaw*

Lamb \$16

Freshly Ground Lamb. Eggplant Relish

Beef \$15

Grilled Seasoned Beef Patty

Club Sandwich

Lobster \$16 Chicken \$13 Shrimp \$14 Beef \$11

*Cheddar Cheese. Lettuce. Tomatoes. Sweet & Spicy Slaw
Toasted White Bread*

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Platters

Rice Ball Platter \$20



*5 pieces Curried Goat. 5 pieces Scotchie Chicken
5 pieces Parmesan Broccoli*

Seafood Platter \$45

*8 pieces Coconut Shrimp. 8 pieces Escoveitched Fish Fingers
8 pieces Crab Croquettes. 8 pieces Lobster Cake. 8 pieces Bammy Strips
Spiced Coleslaw in toasted Garlic Bun. Chili & Lemon Aioli*

Epicurean Platter \$40

*6 Lobster Parmesan. 6 Curried Goat Rice Balls
12 Bacon wrapped Dates. 6 Codfish Fritters*

BBQ Meat Platter \$40

*8 pieces Filet Mignon Skewers. 8 pieces Ribbon Chicken Skewers
8 pieces Pork Ribs. 4 pieces Mini Meatballs in Garlic Buns
Blue Cheese Dipping Sauce. Barbeque Sauce*

Wings Platter \$40

*5 pieces Jerked Wings. 5 pieces BBQ Rum Pineapple Wings
5 pieces Tequila Lime Garlic Wngs. 5 pieces Honey Whiskey Wings
5 pieces Parmesan & Garlic Wings. Sweet Scotch Bonnet Dipping Sauce*

Quesadilla Platter \$30

*8 pieces Beef. 8 pieces Chicken. 8 pieces Veggie Quesadillas
Salsa & Crème Fraîche*

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Sides

Grilled Garlic Broccoli \$6



Onion Rings \$3



Mini Caesar Salad \$5

*Romaine Hearts. Caesar Dressing. Crostini. Anchovies
Parmesan Cheese. Sweet Potato Fries*

Herbed Fries \$3

Irish Potato Fries. Basil. Oregano. House made Cajun Seasoning

Sweet Potato Fries \$4

Fried Bammy Sticks \$3

Fried Green Plantain \$3

Plantain Chips \$3

Coleslaw \$3

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Desserts

Donut Holes \$6



Served with a trio of Jackfruit. Caramel and Chocolate Dipping Sauce

Bread & Butter Pudding \$7

Served with Terra Nova Signature Rum Sauce

Regency Crème Brûlée \$8

A Velvety Egg Custard. Caramelized Sugar. Hampden Rum Flame

Chocolate Mousse Cake \$8

Decadent Chocolate Cake. Chocolate Ganache

Hampden Rum Cake \$8

Rich Rum-infused Cake. White Chocolate Mousse Droplets. Pineapple Coulis

Terra Nova Cheesecake \$9

Classic Cheesecake. Fruit Compote. Coconut Gizzada Crumb

Ice Cream / Sorbet du Jour

(Single Scoop) \$3 (Double Scoop) \$6

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