

# EAT LIGHTS

## starters / shares

	MEMBERS PRICE	NON-MEMBER PRICE
<b>Turkish Toast</b>		
Garlic and Herb .....	4	6
Seeded Mustard and Cheese .....	5	7
Rosemary and Olive .....	5	7
Drizzled with Olive Oil and Topped with Shaved Parmesan		
Basil Marinated Tomato .....	6	8
Topped with Fried Prosciutto, Parmesan & Olive Oil		
<b>Pumpkin &amp; Feta Arancini Balls</b> .....	9 <sup>90</sup>	11 <sup>90</sup>
House-made and Served on a Bed of Rocket with Aioli		
<b>Popcorn Crumbed Prawns (8)</b> .....	11 <sup>90</sup>	13 <sup>90</sup>
Served with a Wasabi Mayo Dipping Sauce		
<b>Lamb Yiros Kebabs</b> .....	13 <sup>90</sup>	15 <sup>90</sup>
Served on a Bed of Rocket and a Side of Tzatziki Dressing		
<b>Grazing Plate</b> .....	15 <sup>90</sup>	17 <sup>90</sup>
small		
large	24 <sup>90</sup>	26 <sup>90</sup>
Refer to our Specials Board for Today's Selections		
<b>Soup of the Day</b>		
Refer to our Specials Board		

## sides

	MEMBERS PRICE	NON-MEMBER PRICE
<b>Bowl of Chips</b> With Tomato Sauce .....	6 <sup>90</sup>	8 <sup>90</sup>
<b>Bowl of Wedges</b> .....	8 <sup>90</sup>	10 <sup>90</sup>
With Sweet Chilli and Sour Cream		
<b>Greek Salad</b> .....	8 <sup>90</sup>	10 <sup>90</sup>



**EARN POINTS WHILE YOU EAT DRINK & NOW PLAY**



MEMBERS PRICE NON-MEMBER PRICE

*Proudly SOUTH AUSTRALIAN Owned & Operated*

# EAT MAINS

## pizzas

	MEMBERS PRICE	NON-MEMBER PRICE
<b>Garlic Pizza</b> .....	5 <sup>90</sup>	7 <sup>90</sup>
<b>Cheesy Garlic Pizza</b> .....	6 <sup>90</sup>	8 <sup>90</sup>
<b>10" Bruschetta Pizza</b> .....	12 <sup>90</sup>	14 <sup>90</sup>
Fresh Tomato Marinated in Basil, Feta Cheese and Parmesan		
<b>Pizza with the Lot</b> Ham, Bacon, Salami, Pepperoni, Olives, Mushrooms, Capsicum, Onion, Pineapple and Cheese (Anchovies Optional)		
<b>Vegetarian</b> Pumpkin, Eggplant, Roast Capsicum, Mushroom Onion, Feta and Cheese		
<b>Chicken</b> Chicken, Capsicum, Spanish Onion, Fresh Tomato and Cheese		
<b>BBQ Chicken</b> Chicken, Bacon, Pineapple with BBQ Sauce		
<b>Meat Lovers</b> Bacon, Ham, Salami, Chicken and Cheese		
<b>Hawaiian</b> Ham, Pineapple and Cheese		
<b>Prosciutto</b> Pepperoni, Red Onion, Prosciutto, Bacon and Sliced Tomato		
<b>American</b> Pepperoni, Mushroom and Cheese		
<b>Gourmet Special</b> See Specials Board		

**10"** ... 15<sup>90</sup> ... 17<sup>90</sup>  
**12"** .. 19<sup>90</sup> ... 21<sup>90</sup>

## pastas

	MEMBERS PRICE	NON-MEMBER PRICE
<b>Tuscan Vegetable</b> .....	17 <sup>90</sup>	19 <sup>90</sup>
Sliced Mushrooms, Broccoli, Capsicum and Spinach in a Napolitana Sauce		
<b>Alla Pana</b> .....	18 <sup>90</sup>	20 <sup>90</sup>
Diced Ham and Sliced Mushrooms in a Light Garlic Cream Sauce		
<b>Bolognese</b> Meaty Tomato Based Sauce .....	18 <sup>90</sup>	20 <sup>90</sup>
<b>Puttanesca</b> .....	18 <sup>90</sup>	20 <sup>90</sup>
Cherry Tomatoes, Anchovies, Capers and Olives in a Chilli Tomato Sauce		
<b>Pesto Chicken</b> .....	19 <sup>90</sup>	21 <sup>90</sup>
Pan Fried Chicken Pieces Tossed with Sun-dried Tomato in a Basil Pesto Garnished with Parmesan		
<b>Butter Prawn</b> .....	21 <sup>90</sup>	23 <sup>90</sup>
Pan Seared Prawns, Tossed with Cherry Tomatoes and Baby Spinach in a Burnt Butter Sauce		

**+ PASTAS** Choice of Penne, Spaghetti, Fettuccine or Risotto



MEMBERS PRICE NON-MEMBER PRICE

# EAT MAINS

## classics

	MEMBERS PRICE	NON-MEMBER PRICE
<b>Regency Beef Burger</b> .....	15 <sup>90</sup>	17 <sup>90</sup>
House Made Beef Pattie with Bacon, Onion Jam, Cheddar Cheese, Lettuce and Tomato Sauce Served with Chips		
<b>Vegetarian Burger</b> .....	15 <sup>90</sup>	17 <sup>90</sup>
Grilled Eggplant, Roast Capsicum, Haloumi, Rocket and Aioli in a Toasted Bun Served with Chips		
<b>Chicken or Beef Stir Fry</b> .....	18 <sup>90</sup>	20 <sup>90</sup>
Tender Chicken Pieces or Beef Strips Tossed with Capsicum, Onions, Snow Peas, Bean Sprouts & Hokkien Noodles in Oriental Sauce		
<b>Chicken Schnitzel</b> .....	18 <sup>90</sup>	20 <sup>90</sup>
Served with Chips, Salad and Choice of Sauce (Parmi +\$2)		
<b>Beef Schnitzel</b> .....	20 <sup>90</sup>	22 <sup>90</sup>
Served with Chips, Salad and Choice of Sauce (Parmi +\$2)		

**+ SAUCES** Choice of Gravy, Mushroom, Dianne, Pepper or Garlic Sauce (Prawns in Garlic Sauce +\$4.50) **Parmi +\$2**

<b>Chicken and Avocado Stack</b> .....	21 <sup>90</sup>	23 <sup>90</sup>
Tender Chicken Pieces Stacked with Avocado on a Bed of Baby Potatoes Finished with a Spinach and Sun-dried Tomato Cream Sauce		
<b>Dukkha Crusted Pork Rib Eye</b> .....	21 <sup>90</sup>	23 <sup>90</sup>
Served with Fried Potato Rounds, Steamed Broccoli, Baked Apple Pieces and a Sticky Balsamic Glaze		

## seafood

<b>Salt and Pepper Calamari</b> .....	15 <sup>90</sup>	17 <sup>90</sup>
Lightly Seasoned Calamari Served with Chips, Salad and Tartare		
<b>Coopers Ale Batter Flathead</b> .....	16 <sup>90</sup>	18 <sup>90</sup>
Lightly Battered Flathead Fillets Served with Chips, Salad & Tartare		
<b>Garlic Prawns</b> .....	20 <sup>90</sup>	22 <sup>90</sup>
Pan Seared Prawns in a Creamy Garlic Sauce Served with Rice & Salad		
<b>Oven Baked Snapper Fillet</b> .....	21 <sup>90</sup>	23 <sup>90</sup>
Oven Baked with a Burnt Orange Glaze, Served on a Bed of Capsicum and Coriander Couscous Garnished with Rocket		

**+ SAUCES** Choice of Gravy, Mushroom, Dianne, Pepper or Garlic Sauce (Prawns in Garlic Sauce \$4.50)

## grill

<b>300g Rump Steak</b> .....	22 <sup>90</sup>	24 <sup>90</sup>
Char Grilled to your Liking Served with Chips, Salad & Choice of a Sauce		
<b>300g Scotch Fillet</b> .....	27 <sup>90</sup>	29 <sup>90</sup>
Char Grilled to your Liking Served with Chips, Salad & Choice of a Sauce		
<b>Mixed Grill</b> .....	27 <sup>90</sup>	29 <sup>90</sup>
Classic Grilled Rump Steak, Lamb and Rosemary Sausage, Bacon Rasher, Lamb Loin Chop, Onion Rings topped with a Fried Egg. Served with Chips Salad and a Choice of Sauce		

## salad

<b>Thai Beef Salad</b> .....	19 <sup>90</sup>	21 <sup>90</sup>
Marinated Beef Strips Tossed with Cucumber, Bean Shoots, Snow Peas, Capsicum, Carrot, Spanish Onion, Vermicelli Rice Noodles and Lettuce in a Sweet Chilli Vinaigrette		
<b>Chicken and Mango Salad</b> .....	19 <sup>90</sup>	21 <sup>90</sup>
Grilled Chicken Tenders, Sliced Mango, Avocado, Capsicum, Cucumber, Red Onion and Mixed Lettuce Served with Balsamic Vinaigrette Swap Chicken for Haloumi to make it Vegetarian		
<b>Greek Lamb Salad</b> .....	21 <sup>90</sup>	23 <sup>90</sup>
Marinated Lamb Served with a Salad of Cherry Tomato, Feta, Cucumber, Red Onion and Baby Spinach with a Tzatziki Dressing		





# EATEN BY KIDS

## kids EAT mains

- Fish and Chips with Tartare
- Grilled Chicken Salad 
- Cheese Burger with Chips
- Bangers and Mash with Gravy
- Chicken Schnitzel and Chips
- Ham and Cheese Pizza
- Penne Bolognese

## kids EAT sweets

- Frog in Mud
- Frog in Pond
- Frog in Snow

# \$10

Main, Small Soft Drink & Sweets that Includes a Free Chocolate Frog  
Kids Menu 12 and Under



# DRINK

## DRINK it hot

- Macchiato ..... 3<sup>50</sup>
- Espresso ..... 3<sup>50</sup>
- Short black ..... 3<sup>50</sup>
- Cappuccino ..... 4
- Flat white ..... 4
- Latte ..... 4
- Mocha ..... 4
- Hot Chocolate ..... 4
- Long Black ..... 4
- Tea (tea drop tea) ..... 4

## DRINK it cold

- Iced Coffee ..... 6
- Iced Chocolate ..... 6

Mug size, Takeaway and Double Shot.. 50c

EARN POINTS WHILE YOU

EAT DRINK & NOW PLAY



# EAT DESSERTS

- Muffin ..... 5
  - Coffee & Cake ..... 6<sup>50</sup>
- Please Ask About Available Cakes
- Cake Slices**  
Please Refer to our Cake Fridge

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# EAT @



REGENCY TAVERN



EAT DRINK PLAY