



EST. **THE** 1979  
**REGAL INN**

*Menu.*

# Daily Specials

Available Lunch & Dinner\*

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Mon



Tue



Wed



Thu



Sun



 /THEREGALINN  /THEREGALINN

33 Metford Road, Tenambit NSW  
PH: 49332475

## Breads

gluten-free breads available +2

<b>Garlic Bread</b> (gfa).....	<b>10</b>
<b>Cheese &amp; Garlic</b> (gfa).....	<b>12</b>
<b>Sweet Chilli Cheese</b> (gfa).....	<b>13</b>
<b>Cheese &amp; Bacon</b> (gfa).....	<b>13</b>
<b>Bruschetta</b> (gfa).....	<b>14</b>
<i>vine-ripened tomatoes, Spanish onion, fresh basil &amp; feta served on toasted Turkish bread finished with a balsamic glaze</i>	

## Entrees

<b>Pork Belly Bites</b> .....	<b>18</b>
<i>tender pork bites tossed in a smokey Jack Daniels BBQ sauce</i>	
<b>Salt &amp; Pepper Squid</b> (gf) .....	<b>18</b>
<i>crispy strips of house dusted squid served with tartare &amp; lemon</i>	
<b>Southern-Fried Chicken Tenders</b> (gf) .....	<b>18</b>
<i>served with house made dipping sauce</i>	
<b>Loaded Fries</b> (gf) .....	<b>14</b>
<i>seasoned fries topped with bacon, liquid cheese, bbq sauce &amp; shallots</i>	
<b>Chicken Wings</b> (gf) .....	<b>16</b>
<i>tossed in your choice of Buffalo or Smokey Jack Daniels BBQ sauce</i>	
<b>Baked Camembert</b> (v) .....	<b>17</b>
<i>served with toasted bread</i>	
<b>Chips &amp; Gravy</b> (vg, gf) .....	<b>10</b>
<i>the Aussie classic we all know &amp; love</i>	

## Burgers

all burgers served with a side of seasoned fries  
gluten-free buns available +2

<b>The Regal Burger</b> (gfa) .....	<b>25</b>
<i>grilled beef patty, bacon, hashbrown, lettuce, tomato, onion, cheese, bbq sauce &amp; aioli on a toasted milk bun</i>	
<b>Chicken &amp; Ranch Burger</b> (gfa) .....	<b>25</b>
<i>chicken schnitzel, bacon, lettuce, avocado, tomato, cheese &amp; ranch sauce on Turkish sub roll</i>	
<b>Grilled Halloumi Burger</b> (gfa) .....	<b>24</b>
<i>dukkah crusted halloumi, lettuce, tomato, Spanish onion, avocado &amp; sweet chilli sauce on a toasted milk bun</i>	

### Dietary requirements

<b>v</b>	vegetarian
<b>vg</b>	vegan
<b>gf</b>	gluten free
<b>gfa</b>	gluten free option available
<b>df</b>	dairy free
<b>dfa</b>	dairy free option available

## Pub Classics

all pub classics served with two choices of sides:  
chips, salad, steamed vegetables, mashed potato

<b>Crumbed Lamb Cutlets</b> .....	<b>36</b>
<i>two (2) per serve with your choice of sauce, extra cutlet +7</i>	
<b>250g House Crumbed Chicken Schnitzel</b> .....	<b>26</b>
<i>with your choice of sauce</i>	
<b>Salt &amp; Pepper Squid</b> (gfa) .....	<b>26</b>
<i>lime mayo, lemon</i>	
<b>Crispy-skin Barramundi</b> (gf) .....	<b>30</b>
<i>tartare, lemon</i>	
<b>300g Rump Steak</b> (gf) .....	<b>40</b>
<i>with your choice of sauce</i>	
<b>300g Scotch Fillet</b> (gf) .....	<b>48</b>
<i>with your choice of sauce</i>	

## Pizza

gluten-free bases available +5

<b>Cowboy</b> (gfa) .....	<b>26</b>
<i>bbq base topped with mozzarella cheese, chicken, bacon, chorizo, ham &amp; pepperoni</i>	
<b>Chicken &amp; Camembert</b> (gfa) .....	<b>24</b>
<i>napoli base topped with mozzarella, grilled chicken breast, baby spinach, Spanish onion, cherry tomato &amp; Camembert pieces</i>	
<b>Vegetarian</b> (gfa) .....	<b>22</b>
<i>napoli base topped with spinach, onion, sun dried tomato, pumpkin, pineapple, mushroom &amp; mozzarella cheese</i>	
<b>Hawaiian</b> (gfa) .....	<b>22</b>
<i>ham &amp; pineapple on a Napoli base topped with mozzarella</i>	

## Pasta

gluten-free pasta available +3

<b>Beef Ragu Fettuccine</b> (gfa) .....	<b>28</b>
<i>slow braised shredded beef cheek in a rich tomato sauce served with fettuccine topped with parmesan cheese</i>	
<b>Marry Me Chicken Fettuccine</b> (gfa) .....	<b>28</b>
<i>grilled chicken, sun dried tomatoes &amp; fresh basil in a creamy sauce topped with parmesan</i>	
<b>Carbonara Fettuccine</b> (gfa) .....	<b>24</b>
<i>smoked bacon &amp; shallots in a garlic cream sauce topped with parmesan</i>	
<i>- add chicken +5</i>	
<i>- add prawns +8</i>	

# Chef Selections

<b>Pork Belly Stir Fry</b> .....	<b>32</b>
<i>crispy pork belly, Asian vegetables, cashews &amp; hokkien noodles in a sweet &amp; savory sauce</i>	
<b>Lamb Shanks (gf)</b> .....	<b>44</b>
<i>slow braised lamb shanks (2) served on creamy mashed potato with peas in a rich tomato &amp; onion gravy</i>	
<b>Grilled Chicken Breast (gf)</b> .....	<b>34</b>
<i>butterflied chicken breast topped with grilled bacon, prawns, hollandaise sauce, served with sweet potato mash &amp; steamed seasonal green vegetables</i>	
<b>Mixed Grill</b> .....	<b>52</b>
<i>200g rump steak, crumbed lamb cutlet, bacon, egg, tomato, mushroom served with your choice of chips &amp; salad or vegetables &amp; mash plus sauce</i>	
<b>Nachos (gf, v)</b> .....	<b>22</b>
<i>lightly toasted corn chips topped with your choice of a spiced three bean mix or beef chilli con carne. Finished with liquid cheese, sour cream, guacamole &amp; pico de gallo</i>	

# Salads

<b>Classic Caesar</b> .....	<b>20</b>
<i>cos lettuce, bacon lardons, parmesan cheese &amp; croutons drizzled with a tangy dressing</i>	
- add chicken +5	
- add schnitzel +7	
- add prawns +9	
<b>Grilled Pumpkin &amp; Halloumi (v, gf)</b> .....	<b>22</b>
<i>mixed leaves, cherry tomatoes, Spanish onion, cucumber, avocado, roasted pumpkin &amp; grilled halloumi with honey mustard dressing</i>	
- add chicken +5	
- add prawns +7	
<b>Thai Beef</b> .....	<b>28</b>
<i>tender marinated beef strips, cashews, crispy noodles, mixed leaves, cherry tomatoes, cucumber, carrot &amp; onion finished with a sweet soy dressing</i>	

## Schnitzel Toppers

<b>Parmigiana:</b> mozzarella, smoked ham, Napoli sauce .....	<b>6</b>
<b>ABC:</b> avocado, bacon, mozzarella, sweet chilli .....	<b>6</b>
<b>BMC:</b> bacon, mushroom sauce, cheese .....	<b>6</b>
<b>Mexican:</b> spiced beef, beans, cheese, sour cream & guacamole .....	<b>8</b>
<b>Prawn Topper:</b> grilled prawns in a garlic cream sauce .....	<b>9</b>

# Sides

<b>Chips (v, gf)</b> .....	<b>6</b>
<b>Garden Salad (v, gf)</b> .....	<b>6</b>
<b>Seasonal Veg (v, gf)</b> .....	<b>6</b>
<b>Mash Potato (v, gf)</b> .....	<b>6</b>

# Sauces

*all sauces are gluten free*

<b>gravy</b> .....	<b>3</b>
<b>hollandaise</b> .....	<b>3</b>
<b>dianne, mushroom, peppercorn, garlic cream</b> .....	<b>4</b>

# Kids

*(under 12)*

*comes with pop top & dixie cup ice cream*

<b>Cheeseburger &amp; Chips</b> .....	<b>14</b>
<b>Nuggets &amp; Chips</b> .....	<b>14</b>
<b>Fish Cocktails &amp; Chips</b> .....	<b>14</b>
<b>Bangers &amp; Mash (gf)</b> .....	<b>14</b>
<b>Schnitzel &amp; Chips</b> .....	<b>14</b>

**\$18** **MEMBERS** **Lunch Specials!**



**MON-FRI 12-2PM**

**Crumbed Chicken Schnitzel**  
*with chips & salad*

**Crumbed Steak (gf)**  
*with chips & salad or mash & veg*

**Bangers & Mash (gf)**  
*with peas & onion gravy*

**Grilled Barramundi (gf)**  
*with chips & salad*

**Prawn Cutlets**  
*with chips & salad*

**Chicken Caesar Wrap**  
*with chips*

**Roast Mushroom & Pumpkin Bruschetta (v, gf)**