

dinner menu

ENTREES

all entrees served with seasonal vegetable and accompanied starch
start with any specialty salad add 5

MOM'S WILD MUSHROOM MEATLOAF 14
served with buttermilk mash and sweet pea succotash

FISH AND CHIPS 14
lightly coated and fried in our special batter with our homemade fries

REGIONS MAC AND CHEESE 15
loaded with choice of lump crab, shrimp or chicken

ROASTED FRESH VEGETABLE KABOB 16
portobello mushrooms, roasted peppers, eggplant, onion, tomatoes, and summer squash over couscous drizzled with red pepper coulis

ROAST TURKEY DINNER 18
thanksgiving year round - roasted whole turkey, stuffing, smashed potato, and house made cranberry sauce

BLACKENED OR GRILLED WILD ALASKAN KING SALMON * 18
with corn relish and lemon butter sauce

LOW COUNTRY BAY LUMP CRAB CAKES 23
true lump crab meat atop baby wilted spinach and our homemade remoulade sauce

GRILLED 12 OZ NY STRIP STEAK * 23
topped with maitre d' butter

GRILLED 8 OZ FILET MIGNON * 26
8 oz center cut filet mignon that melts in your mouth

SLOW ROASTED PRIME RIB * 10 oz 24 14 oz 26 18oz 29
accompanied with our delicious horseradish sauce and au jus

SANDWICHES

NAPA VALLEY VEGETABLE SANDWICH 8
grilled eggplant and portobello with baby greens, grilled red onion and roasted sweet red peppers drizzled with pesto

GRILLED CHEESE CLUB 8
three layers of melted american, swiss and cheddar, tomato and thick sliced bacon

GRILLED OPEN FACED CHICKEN BREAST SANDWICH 8
salsa mayo and jarlsberg on artisan bread

ROASTED TURKEY BREAST SANDWICH 8
right off the frame with stuffing and house made cranberry sauce

SLOW ROASTED PRIME RIB SANDWICH 9
sliced thin with pickled red onion, horseradish sauce and au jus

BURGERS

REGIONS BURGER * 6 oz 7 12 oz 9 18 oz 11
burgers cooked your way, your size and topped with your choice of the following favorites...
CHEESES - american, cheddar, blue, swiss, jarlsberg
TOPPING - lettuce, tomato, mayo, onion, pickles
SPECIALTY TOPPING each 1
extra cheese, sautéed onions, sautéed mushrooms, bacon, roasted red peppers, jalapenos

REGIONS HOME MADE VEGETARIAN BURGER 8
couscous, roasted sweet corn, mushrooms, carrot, potatoes and sweet red bell peppers topped with our home made spicy dipping sauce

SMALL PLATES

GORGONZOLA POTATO FRIES 5

COLOSSAL ONION RINGS 6
fresh-cut colossal onion rings hand battered served with our famous cajun horseradish dipping sauce

COMBO RINGS AND FRIES 7
combination of gorgonzola fries & colossal onion rings for two served with a trio of sauces

REGIONS MAC & CHEESE 6
BABY RHODE ISLAND CALAMARI 10
with hot and sweet cherry peppers, lemon & homemade spicy dipping sauce

THREE MINI ROAST PRIME RIB SLIDERS 9
our house roasted prime rib with crispy onions and horseradish sauce

LOW COUNTRY CRAB CAKE 10
lump crab cake served atop a bed of wilted baby spinach

ARTISAN CHEESE & FRUIT PLATE 10
GAZPACHO SHRIMP COCKTAIL 10
classic gazpacho with poached fresh shrimp

SPICY SHRIMP AND GRITS 10
roasted red peppers, caramelized onions cajun black pepper sauce

SOUPS

NEW ENGLAND CLAM CHOWDER 5
loaded with fresh clams, potato, onion, celery and cream

GAZPACHO 5
original spanish style cold spicy tomato and cucumber soup
add lump crab or poached shrimp 5

SALADS

add shrimp, lump crab, salmon or grilled chicken to any salad * add 5

TRADITIONAL CAESAR SALAD 8
romaine lettuce, creamy caesar dressing, homemade garlic croutons
CHARDONNAY POACHED PEAR AND WALNUT SALAD 8

poached pear salad with spiced walnuts, & crumbled bleu cheese over baby field greens with balsamic vinaigrette

AMERICAN CHOP SALAD 8
chopped mixed lettuces, tomato, red onion, cucumber, bacon, black and green olives, vermont goat cheese and our house vinaigrette

ICEBERG WEDGE 8
topped with grape tomatoes, bacon, bleu cheese crumbles and homemade bleu cheese dressing

WILTED BABY SPINACH SALAD 8
wilted baby spinach, toasted almonds, couscous, feta cheese with a warm bacon vinaigrette

DESSERTS

7
FRESH FRUIT CREME BRULEE
SUGAR COATED BEIGNETS
with espresso custard
CHOCOLATE TRUFFLE CAKE
GIANT HOMEMADE S'MORES
INDIVIDUAL FRUIT PIE ALA MODE

* these items are cooked to your desired temperature.

thorough cooking food of animal origin reduces the risk of food borne illness. individuals with certain health conditions may be at higher risk if these foods are consumed raw or uncooked.

in consideration of other guests, please limit your cell phone usage in the dining room.

all parties of 8 or more will be charged an 18% gratuity



LUNCH menu

SALADS

add shrimp, lump crab, salmon or grilled chicken to any salad*

TRADITIONAL CAESAR SALAD

romaine lettuce, creamy caesar dressing, homemade garlic croutons

CHARDONNAY POACHED PEAR and WALNUT SALAD

poached pear salad with spiced walnuts, & crumbled bleu cheese over baby field greens with balsamic vinaigrette

AMERICAN CHOP SALAD

chopped mixed lettuces, tomato, red onion, cucumber, bacon, black and green olives, vermont goat cheese and our house vinaigrette

ICEBERG WEDGE

topped with grape tomatoes, bacon, bleu cheese crumbles and homemade bleu cheese dressing

WILTED BABY SPINACH SALAD

wilted baby spinach, toasted almonds, couscous, feta cheese with a warm bacon vinaigrette

SANDWICHES

NAPA VALLEY VEGETABLE SANDWICH

grilled eggplant and portobello with baby greens, grilled red onion and roasted sweet red peppers drizzled with pesto

GRILLED CHEESE CLUB

three layers of melted american, swiss and cheddar, tomato and thick sliced bacon

GRILLED OPEN FACED CHICKEN BREAST SANDWICH

salsa mayo and jarsberg on artisan bread

CALIFORNIA COBB SANDWICH

fresh sliced turkey breast, black peppered maple bacon, avocado, tomato, lettuce and onion topped with homemade bleu cheese dressing on french baguette

ROASTED TURKEY BREAST SANDWICH

right off the frame with stuffing and house made cranberry sauce

REGIONS MEATLOAF SANDWICH

our original meatloaf served open faced with wild mushroom gravy

SLOW ROASTED PRIME RIB SANDWICH

sliced thin with pickled red onion, horseradish sauce and au jus

FISH AND CHIPS

lightly coated and fried in our special batter with homemade fries

BURGERS

REGIONS BURGER * 6 oz 7 12 oz 9 18 oz 11

burgers cooked your way, your size and topped with your choice of the following favorites...

CHEESES - american, cheddar, bleu, swiss, jarsberg

TOPPINGS - lettuce, tomato, mayo, onion

SPECIALTY TOPPINGS each 1

extra cheese, sautéed onions, sautéed mushrooms, bacon, roasted red peppers, jalapenos

REGIONS HOME MADE VEGETARIAN BURGER

couscous, roasted sweet corn, mushrooms, carrot, potatoes and sweet red bell peppers topped with our home made spicy dipping sauce

SMALL PLATES

5 GORGONZOLA POTATO FRIES 5

8 COLOSSAL ONION RINGS 6

8 fresh-cut colossal onion rings hand battered served with our famous cajun horseradish dipping sauce

8 COMBO RINGS AND FRIES 7

8 combination of gorgonzola fries & colossal onion rings for two served with a trio of sauces

8 REGIONS MAC & CHEESE 6

8 THREE MINI ROAST PRIME RIB SLIDERS 9

8 our house roasted prime rib with crispy onions and horseradish sauce

8 BABY RHODE ISLAND CALAMARI 10

8 with hot and sweet cherry peppers, lemon & homemade spicy dipping sauce

8 LOW COUNTRY CRAB CAKE 10

8 lump crab cake served atop a bed of wilted baby spinach

8 ARTISAN CHEESE & FRUIT PLATE 10

8 GAZPACHO SHRIMP COCKTAIL 10

8 classic gazpacho with poached fresh shrimp

8 SPICY SHRIMP AND GRITS 10

8 roasted red peppers, caramelized onions cajun black pepper sauce

8

SOUPS

8 NEW ENGLAND CLAM CHOWDER 5

8 loaded with fresh clams, potato, onion, celery and cream

8 GAZPACHO 5

8 original spanish style cold spicy tomato and cucumber soup

8 add lump crab or poached shrimp 5

8

KID DIE CORNER

8 children under 5 always eat free

8 6 to 10 years of age 5

8 GRILLED AMERICAN CHEESE

8 MAC AND CHEESE

8 TWO MINI CHEESEBURGER SLIDERS

8 PEANUT BUTTER AND JELLY

8 CHICKEN FINGERS

8

BEVERAGES

8 COFFEE, TEA, MILK 2

8 HOT COCOA

8 ALL COKE PRODUCTS

9

DESSERTS

9 FRESH FRUIT CREME BRULEE 7

9 SUGAR COATED BEIGNETS

9 with espresso custard

9 CHOCOLATE TRUFFLE CAKE

9 GIANT HOMEMADE S'MORES

9 INDIVIDUAL FRUIT PIE A LA MODE

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S U M M E R B A R B E Q U E R E G I O N S M E N U

S T A R T E R S

PULLED SOUTHERN BBQ PORK
served on cilantro corn cakes

6

FIREHOUSE CHILI
topped with cheddar, chives & sour cream

6

E N T R E E S

GRILLED PORK CHOPS
marinated in pear cider with sweet onion relish & served with
white bean stew

16

PAN FRIED CATFISH
served with grilled corn relish, pan fried green tomatoes & corn
bread dressing

16

BRAISED LAMB SHANKS
served with tomato & onion relish with corn compote

17

GRILLED BARBEQUE DUCK BREAST
Served with a brown sugar glaze & sweet potato hash

22

F E A T U R E D D R I N K S

MOOSE DROOL
draft beer

5

THE MINT JULEPTINI
makers mark, mint and sugar syrup

8

D E S S E R T

INDIVIDUAL PIE ALA MODE
GIANT HOMEMADE S'MORES

7

7

T h e S t o r y o f R e g i o n s

as the name implies, regions bistro & bar is about the many locales, cities, states and neighborhoods from whence we came. food is tied to so many fond memories for us all, from a favorite local restaurant to family celebrations.

while the core sustenance at regions is "american comfort food," each month we pay homage to another section of our great land – from the midwest, new england and the great lakes to the pacific northwest, rocky mountains and the deep south.

we don't stop at cuisine. cocktails and other libations accompany our regional tastes for a full dining experience that echoes the days of home.

our private dining accommodates your special occasions, out of town guests and business colleagues. we help you create the perfect menu for an event to remember.

share with us your favorites. we always want to hear from you – where you came from, your fondest memories of food and home.

thank you for joining us. settle in and enjoy your culinary journey through regions.

*Territory is but the body of a nation.
The people who inhabit its hills and
valleys are its soul, its spirit, its life.*

JAMES GARFIELD

