

SNACKS & STARTERS

Cajun Cod Bites

Marinated Cajun-Spiced Cod Served with a Buttermilk Dill Sauce (1,3,4,7) €8

Spicy Cauliflower Fritters

Crispy Cauliflower Fritters Tossed in our Spicy Sauce, Served with a Blue Cheese Dip (1,3,7) €8

Loaded Potato Skins

Served with Pulled Beef & Cheese Sauce (GF)(7,10,12) €8

Arancini

With Roasted Tomato Sauce & Parmesan (1,3,4,7) €10.50

Pill Pill Prawns

Served with Rustic Garlic Bread (GFA) (1,2,7,10,12) €10.50

Crispy Chicken Wings

With BBQ Sauce or Hot Sauce. Served with Celery and a Blue Cheese Dip (GF)(3,7,9) Starter-€9 Main-€18

Fried Calamari

Served with Aioli (GFA)(3,14) €9

Homemade Soup

Served with Homemade Guinness & Walnut Bread (GFA)(1,7,8,12) €7

Seafood Chowder

Served with Homemade Guinness & Walnut Bread (GFA)(1,4,7,8,9,12) €12

Fresh Atlantic Oysters

Served with an Accompaniment of Tabasco & Lemon (GF)(14)

2 for €8, 6 for €17, 10 for €28

Check out our
Roast Specials
EVERY SUNDAY



THE REG MENU

SALADS



Thai Beef Salad

Seared Sirloin Steak, Red Cabbage, Carrot, Spring Onion and Chilli in a Fresh Thai-Style Dressing. (1,4,6,11) €18

Vegetarian Option Available with **Halloumi** (7) €18

Chicken Caesar Salad

Romaine Lettuce, Smoked Irish Bacon, Crou- tons, Parmesan, Caesar Dressing (GFA) (3,4,7,12)

Starter - €10 Main - €18

Goats Cheese Salad

Pear, Beetroot, Leafy Greens, Toasted Oats and Honey & Mustard Dressing (GFA) (1,7,8,10)

Starter - €10 Main - €18

Crispy Chicken Satay Salad

Mixed Greens, Crispy Vegetables & Rice Noodles in a Satay Dressing (1,3,5,6,11,12) €18

MAINS

Steak Sandwich

Artisanal Ciabatta, Horseradish Sauce, Rocket, Caramelised Onions & House Cut Chips (1,3,7) €19

Beer Battered Fish

Served with Chips, Marrowfat Peas & a Zesty Tartar Sauce (1,3,4,10) €19

Chicken Supreme

Pan-Roasted Chicken Supreme Served with Tenderstem Broccoli and a Rich Tarragon Cream Sauce (7) €23

Fresh Dunmore Seafood Pie

Served with Fluffy Mash, Gratinated Cheddar Cheese & Rustic Garlic Bread (GFA)(1,4,7,9,12) €18

Tom Kearney’s Beef Burger

Brioche Bun, Cos Lettuce, Dill Pickles, Cheddar Cheese, Tangy Burger Sauce & House Cut Chips (GFA)(1,3,7,10) €18
Add Bacon - €1

Tarragon & Wild Mushroom Tagliatelle

Tagliatelle Tossed with Sauteed Mushrooms in a Creamy Tarragon Sauce (1,3,7) €17

(Add Chicken - €2)

Baked Salmon

Soy and Ginger Baked Salmon with Cous Cous and Seasonal Vegetables (1,2,4,6,8,9,11) €21

Atomic Spicy Chicken Burger

Brioche Bun, Cos Lettuce, Cashel Blue Sauce & House Cut Chips (1,3,7) €18

Beef & Guinness Pie

Slow-Braised Beef in a Rich Guinness Gravy, Topped with Golden Pastry, Served with Seasonal Vegetables (1,3,7,9,12) €18

Simply Not Meat Burger

In a Brioche Bun with Cos Lettuce, Cheddar Cheese, Caramelised Red Onion & House Cut Chips (GFA/V) (1,3,7) €17.50

Prime Striploin Steak 10oz

Served Your Way with Chips, Onion Rings and a Choice of Pepper Sauce or Garlic Butter (GFA)(1,7) €33

ALLERGENS

1:Gluten, 2: Crustaceans, 3: Eggs, 4: Fish, 5: Peanuts, 6: Soybean, 7: Milk, 8: Nuts, 9: Celery, 10: Mustard, 11: Sesame Seeds, 12: Sulphates, 13: Lupin, 14: Molluscs

DAILY SPECIALS

See our Blackboards for today’s Locally Sourced Seasonal Specials
Our Fish is Sourced from Dunmore East and the Weather Dictates our Fish Special

Thank you for choosing The Reg - We appreciate your visit very much!

Please inform your server of any special dietary requirements.

A 10% service charge will be added to large groups over 8.

DESSERTS

On a Sweeter Note.....

All Our Desserts are Crafted with Care and Made in House, a Perfect way to Finish Your Meal

Deconstructed Strawberry Cheesecake

With Berry Coulis (1,7) €9

Chocolate Brownie

Rich Chocolate Sauce & Creamy Vanilla Ice-Cream (GF)(3,7,8) €9

Vanilla Crème Brulee (3,7) €9

Banoffee Pie (1,3,7) €9

Chocolate Brownie Sundae €9

SIDES

Seasonal Vegetables (GF)(7) €5

House Cut Chips (GF) €4

Sweet Potato Fries (GF) €5

Onion Rings (1) €5

Creamy Mash (GF)(7) €4

Dips (GF)(3,7,10) €1.50

BEVERAGES

Full Wine List Available

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Hand Crafted Cocktails

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Huge Range of Premium Irish & International Whiskeys & Gins

All our Beef is 100% Irish

Please note we are
Unable to Split Bills