

## 开胃菜

### APPETIZERS

意式蔬菜汤..... £3.95 Minestrone Soup	沙丁鱼..... £5.75 Sardines
鲜香鱼汤..... £4.95 Fish Soup	生蚝 (半打) 鲜..... £9.65 1/2 Doz. Oysters
炸南极小龙虾..... £5.25 Deep fried Scampi	牛油果沙拉..... £3.65 Avocado pear vinaigrette
苏格兰式熏三文鱼..... £6.25 Scotch smoked Salmon	牛油果大虾沙拉..... £6.25 Avocado pear with prawns
炸鲜鱿鱼圈..... £5.25 Deep fried Calamari	冰镇黄金瓜..... £4.95 Iced melon
蒜香烤大虾..... £7.25 Grilled King Prawns in garlic	希腊鱼子沙拉配口袋饼..... £3.95 Taramosalata & pitta bread
炸小银鱼..... £4.95 Whitebait	希腊豆泥配口袋饼..... £3.95 Houmus & pitta bread
鸡尾酒大虾沙拉..... £4.95 Prawn cocktail	希腊酸奶沙拉配口袋饼..... £3.95 Tzatziki & pitta bread
鲭鱼酱..... £4.75 Pate mackerel	法国白葡萄酒煮青口..... £8.25 Moules Marinier
	3 只装烤扇贝 (蒜香黄油)..... £8.50 3 Scallops in garlic butter

## 本店特色菜

### HOUSE SPECIALITIES

杏仁红鳟鱼..... £13.95 Trout Amandin	西冷牛排 (法式伯纳西酱汁)..... £18.95 Sirloin Steak Bernaise
烤三文鱼 (柠檬, 小茴香酱汁) ... £13.95 Grilled Salmon in a Lemon & Dill Sauce	烤鲛鱼 (烩马槟榔)..... £14.95 Grilled Skate with capers
大比目鱼排 (柠檬, 小茴香酱汁) . £16.95 Halibut Steak in a Lemon & Dill Sauce	柠檬大蒜烤沙丁鱼..... £11.50 Grilled Sardines in Lemon and Garlic
大比目鱼排焗奶酪..... £16.95 Halibut Steak Mornay	鲷鱼配橄榄油和香草..... £16.95 Whole Sea Bream in olive oil & herbs
意大利海鲜焗饭..... £10.95 Seafood Risotto	蛤蜊意大利面..... £11.95 Spaghetti Vongole (Clam)
奶油煎鲈鱼排..... £10.95 Fillet of Plaise Meuniere	
黑椒西冷牛排..... £18.95 Sirloin Steak Au Poivre (pepper)	

# 海产品

## SEA FARE

油煎鳕鱼排..... £9.95 Fried fillet of Cod	烤虹鳟鱼 (条) ..... £12.95 Grilled Rainbow Trout
油煎鲈鱼排..... £9.95 Fried fillet of Plaice	蒜香烤大虾..... £14.95 Grilled King Prawns in Garlic
油煎鲟鱼排..... £9.95 Fried fillet of Haddock	烤大比目鱼排..... £15.95 Grilled Halibut Steak
炸新西兰小龙虾..... £9.95 Deep fried Scampi	柠檬烤舌鳎鱼..... £15.95 Grilled Lemon Sole
炸鱿鱼圈..... £9.95 Deep fried Calamari	烤都花香鳎鱼..... £19.95 Grilled Dover Sole
炸银鱼..... £9.95 Deep fried Whitebait	希腊烤鲈鱼..... £16.95 Grilled Seabass in a Lemon & Dill Sauce
烤鲈鱼 (条) ..... £11.95 Grilled whole Plaice	油炸鳐鱼..... £11.95 Deep Fried Skate
烤三文鱼..... £12.95 Grilled Salmon Steak	炸海鲜拼盘..... £11.95 Deep fried Seafood Platter
深海鱼派..... £11.95 South Coast Fish Pie	( 鳕鱼, 虾, 鱿鱼, 银鱼和大虾 ) (Cod, Scampi, Calamari, Whitebait & King Prawn)
当日新鲜鱼拼盘 (两人) ..... £52.95 Fish Feast for two "Catch Of The Day"	烤鱼混合装 15.95 Grilled Fish Medley
沙丁鱼..... £9.95 Sardines	( 比目鱼, 三文鱼, 鲈鱼, 沙丁鱼 - 鱼的选择可能有所不同 ) (Halibut, Salmon, Plaice, Sardine - Fish selection may vary)

# 贝类

## SHELL FISH

龙虾沙拉 (冷) (整只) ..... £32.95 Lobster Salad (Cold)	生蚝 (一打) ..... £18.95 1 Dozen Oysters
芝士奶香龙虾 (整只) ..... £32.95 Hot Lobster Thermidor	蒜香黄油扇贝 (半打) ..... £16.95 6 Scallops in garlic butter
烤龙虾配蒜香黄油 (整只) ..... £32.95 Grilled Lobster with garlic butter	英国黄金蟹沙拉 (整只) ..... £16.95 Whole Crab Salad
法式青口大份 ..... £12.95 Moules Marinier	海鲜大拼盘 (热) ..... £53.95 Extravaganza Shellfish Platter (Hot)
海鲜大拼盘 (冷) ..... £53.95 Shellfish Platter (Cold)	( 整只芝士奶香龙虾, 帕尔米贾尼生蚝, 香蒜扇贝, 酒酿青口, 香蒜大虾 ) (Whole Lobster Thermidor, Oysters Parmigiani, Scallops in garlic, Mussels in wine, King Prawns in garlic)
( 整个龙虾, 牡蛎, 大虾, 青口, 蛤, 南极小龙虾 ) (Whole Lobster, Oysters, King Prawns, Mussels, Clams, Langoustine)	

# 烧烤类

## GRILL

西冷牛排..... £16.95  
Sirloin Steak

菲力牛排..... £19.95  
Fillet Steak

大份西冷牛排 (里脊)..... £18.95  
Porterhouse Steak

烤肉拼盘..... £14.95  
Mixed Grill

可添加的酱汁有：戴安奶油香菇酱汁，法式伯那西酱汁，黑胡椒酱汁。酱汁每份收费 2 磅。  
Add a sauce to your steak: Dianne Sauce, Béarnaise Sauce or Pepper Sauce Extra 2.00

(羊排, 牛排, 香肠, 培根, 鸡蛋, 蘑菇, 番茄)  
(Lamb cutlet, Steak, Sausage, Bacon, Egg, Mushrooms & Tomato)

# 家禽类

## POULTRY

烤鸡排..... £9.95  
Grilled Chicken

四分之一的烤鸡..... £9.95  
Quarter Roast Chicken

二分之一的烤鸡..... £11.95  
Half Roast Chicken

# 星期日牛羊肉

## Sunday ROASTS

供应烤土豆，胡萝卜和豌豆  
Served with Roast Potatoes, Carrots & Peas

烤牛肉..... £9.95  
Roast Beef & Yorkshire Pudding

烤羊肉..... £9.95  
Roast Lamb & Yorkshire Pudding

# 意大利面

## PASTA

Regency 海鲜意大利面 (本店招牌) £11.95  
Regency Seafood Spaghetti

芝士意大利蔬菜干层面..... £9.95  
Vegetarian Lasagna

意大利面 (青口)..... £11.95  
Mussels & Spaghetti

龙虾意大利面 (整只龙虾)..... £32.95  
Spaghetti Langosta (Whole Lobster)

意大利面 (番茄牛肉酱)..... £9.95  
Spaghetti Bolognese

意大利面 (蔬菜)..... £7.95  
Spaghetti al Pesto

意大利面 (拿坡里式番茄酱)..... £7.50  
Spaghetti Napoletana

意大利面 (大虾)..... £11.95  
Spaghetti Prawns

# 自助冷食

## COLD BUFFET

海鲜沙拉..... £11.95  
Fruit de mer & Salad  
(多种腌制海鲜可供选择)  
(a selection of marinated seafood)

熏三文鱼沙拉..... £11.95  
Smoked salmon & Salad

虾仁沙拉..... £11.95  
Prawn Salad

尼斯沙拉..... £10.95  
Salad Niçoise

所有餐点均可选择搭配薯条，新土豆或者沙拉  
(除了面食，贝类和鱼宴)  
All meals served with a choice of chips, new potatoes or salad  
(Except pasta dishes, shellfish and Fish Feast)

# 🌿 蔬菜 / 附餐 🌿

## VEGETABLES / SIDE ORDER

豌豆泥 ..... £1.65 Mushy Peas	季节田园沙拉 ..... £3.65 Seasonal Salad
豌豆 ..... £1.65 Garden Peas	番茄洋葱沙拉 ..... £2.95 Tomato & Onion Salad
西式煎蘑菇 ..... £2.75 Sauteed Mushrooms	希腊沙拉 ..... £4.95 Greek Salad
烤番茄 ..... £2.75 Grilled Tomatoes	米饭 (份) ..... £2.25 Bowl of Rice
炸洋葱圈 ..... £2.50 Fried Onion Rings	煮土豆 (自选调料) ..... £2.95 Boiled Potatoes
水煮胡萝卜 ..... £1.65 Carrots	欧式腌橄榄 ..... £2.95 Olives
水煮四季豆 ..... £2.75 French Beans	希腊腌洋葱 ..... £1.65 Pickled Onion
水煮鲜芦笋 ..... £3.95 Asparagus	酸黄瓜 ..... £1.65 Pickled Gherkin
法式面包 ..... £1.50 French Bread	蒜香黄油烤面包片 ..... £2.50 Garlic Bread

# 🌿 甜点 🌿

## DESSERTS

提拉米苏 ..... £5.25 Tiramisu	法式焦糖布丁 ..... £5.25 Treacle Pudding
泡芙 ..... £5.25 Profiteroles	葡萄干布丁 ..... £5.25 Spotted Richard
香蕉太妃派 ..... £5.25 Banoffee Pie	焦糖鸡蛋布丁 ..... £5.25 Crème Brulee
水果芝士蛋糕 ..... £5.25 Fruit Cheesecake	新鲜水果沙拉 (份) ..... £5.25 Fresh Fruit Salad
苹果派 ..... £5.25 Apple Pie	冰激凌(香草味,草莓味,巧克力)(份) 2.95 Ice cream (vanilla, strawberry or chocolate)
巧克力布朗尼蛋糕 ..... £5.25 Chocolate Brownie	柠檬或香橙雪酪 (份) ..... £4.65 Lemon or orange sorbet
香蕉船 ..... £5.25 Banana Split	奶酪饼干 (拼盘) ..... £6.75 Cheese and biscuits
香蕉冰淇淋 ..... £5.25 Banana Fritter (fried banana with ice cream)	餐后酒咖啡 (可选择利口酒或者甜酒) ..... £5.95 Liqueur Coffee (Great choice of liqueurs & dessert wine available)
英式布丁 ..... £5.25 Rhubarb Crumble	

结账账单已包括 VAT 增值税, 但会额外另收取 10% 的服务费  
INCLUSIVE OF VAT. SERVICE CHARGE 10% EXTRA

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# 饮料

## DRINKS

可口可乐..... £2.85 Coke	咖啡..... £2.65 Coffee
减肥可口可乐..... £2.85 Diet Coke	拿铁咖啡..... £2.95 Late
柠檬水..... £2.85 Lemonade	卡布奇诺..... £2.95 Cappuccino
芬达..... £2.85 Fanta	茶..... £2.25 Tea
橙汁..... £2.85 Orange Juice	绿茶..... £2.50 Green Tea
苹果汁..... £2.85 Apple Juice	甘菊茶..... £2.50 Chamomile tea
番茄汁..... £2.85 Tomato Juice	薄荷茶..... £2.50 Mint tea
蔓越莓汁..... £2.85 Cranberry Juice	人参茶..... £2.25 Ginseng Tea
菠萝汁..... £2.85 Pineapple Juice	格雷伯爵茶..... £2.50 Earl Grey
芒果汁..... £2.95 Mango Juice	

# 鸡尾酒

## COCKTAILS

龙舌兰日出..... £7.50 Tequila Sunrise
草莓戴吉利酒..... £7.95 Strawberry Daiquiri
激情海岸..... £7.95 Sex on the Beach
椰林飘香..... £7.95 Pina Colada
莫吉托..... £8.95 Mojito
血腥玛丽..... £6.95 Bloody Mary
金汤力..... £6.30 Gin and Fevertree Tonic
含羞草..... £6.95 Mimosa

# 啤酒

## BEERS

金发啤酒..... £5.25 Blonde Beer
健力士..... £5.25 Guinness
苹果酒..... £5.25 Cider
英国黄啤酒..... £5.25 Pale Ale
佩罗尼..... £4.95 Peroni Bottle
圣米格尔啤酒..... £4.95 San Miguel