

Regatta Bar & Grille

Lunch Buffets

Served Tuesday thru Friday

*Our Enticing Lunch Buffets are Prepared Fresh Daily and Feature
Chef Action Stations, Fresh Salads, Fruit, a Variety of Hot Entrees and Sides,
House Made Soups, Desserts and Fresh Baked Rolls.
Buffet also includes your choice of Soft Drink*

10

House Made Soups

New England Clam Chowder		5
	A Classic Blend of Clams, Potatoes, Onion and Cream	
Traditional Onion Soup		4
	Croutons, Asiago and Swiss	
Hearty Chicken Noodle		4
	Our Delectable Combination of Hearty Chicken, Thick Noodles & Fresh Vegetables	
Chef Spoon's Soup Creation		4

Greens

add Grilled Chicken ~ 4, Oak Barrel Sirloin ~ 5, Shrimp ~ 6 or Salmon ~ 7

Regatta House Salad		4/6
	Iceberg, Romaine, Spinach, Pancetta, Gorgonzola, Red Onion, Roasted Tomatoes and White Balsamic	
Mountaineer		4/6
	Mixed Lettuce, Sun-Dried Tomatoes, Goat Cheese, Pine Nuts and Balsamic Vinaigrette	
Classic Caesar		4/6
	Romaine, Croutons, Asiago and Caesar Dressing	
The Wedge		4/6
	Iceberg, Tomatoes, Cucumbers, Pancetta, Gorgonzola, Italian and Ranch Dressings	

Signature Greens

Tenderloin Tip Salad		9
	Tenderloin Tips Sautéed with Red Onions, Green Peppers and Red Wine. Tossed with Iceberg Lettuce, Tomatoes and Cucumbers then Topped with French Fries and Cheddar. Served with Ranch or Blue Cheese	
Buffalo Chicken Salad		9
	Crispy Chicken in Mild or "Couch Fire" Wing Sauce, Regatta Lettuce Blend, Cucumbers and Tomatoes Tossed with Ranch then Topped with French Fries and Blue Cheese	
Greek Salad		7
	Romaine, Feta Cheese, Kalamata Olives, Green Peppers, Cucumbers, Red Onions, and Roma Tomatoes Tossed in Greek Dressing with Red Potato Salad	
Grilled Chicken Salad		8
	Regatta Lettuce Blend, Tomatoes, Cucumbers, Hard Boiled Eggs, Sweet Bell Peppers, Croutons, Pepperoncini, French Fries and Cheddar	
The Italian Cobb		7
	Sopressata, Salami, Prosciutto, Roasted Red Peppers, Asiago, Provolone, Italian Dressing and Balsamic Reduction	

Chef Spoon's Signature Sandwiches

*All Sandwiches come with your choice of French Fries,
Tavern Fries, Creamy Cole Slaw or Side Salad*

Spoon's Roasted Turkey Pretzel	8
Roasted Turkey, Peppered Bacon, Cheddar, Bourbon BBQ Sauce on a Warm Pretzel Roll	
"You Gotta Regatta" Burger	8
Lettuce, Tomato, Red Onion and Choice of Cheese	
Crispy Fish and Chips	8
Battered Cod on a Grilled Roll with Tarter Sauce and Malt Vinegar	
The Roasted Pig	7
House Roasted Pork with Smokey or Spicy BBQ Sauce on a Soft Onion Roll with Creamy Slaw	
Marble Rye Rueben	9
Absolutely the Best You'll Ever Have! Thick Sliced Marble Rye with Swiss Cheese, Shaved Corned Beef, Sauerkraut, and Thousand Island Dressing	
Southwest Vegetarian Black Bean Cakes	7
Two Incredible Black Bean Cakes with Grilled Pita. Served with Salsa and Sour Cream	
Morgantown Cheese Steak	9
The "Not Really Philly" Cheese Steak Piled High "Wit" Shaved Prime Rib, Red Onion and Oliverio Peppers® on a Toasted Roll with Provolone	
Triple Decker Club	7
Sliced Roasted Turkey, Lettuce, Tomato, Applewood Smoked Bacon, Swiss Cheese on Toasted Italian Bread	
Chicken Cobb Wrap	8
Chilled Grilled Chicken, Lettuce, Tomatoes, Cucumbers, Egg, Bacon	
The Wise Guy	8
Thick Italian Bread, Salami, Baked Ham, Pepperoni, Sopressata, Provolone, with Pepperoncini and Italian Dressing Served Panini Style	
Jimmy the Greek	7
Pita Bread, Gyro Meat, Lettuce, Tomato, Cucumber and Red Onion Served Panini Style with Pepperoncini and Tzatziki	
"Everyone's Favorite" Tuna Melt	7
Fresh Tuna Salad Served Open Faced on a English Muffin with Sharp Cheddar and Tomato	
Soup and Half	7
Our Half Sandwich and A Cup of Soup of the Day	
The Classic Dip	9
Shaved Prime Rib, Soft Roll and Au Jus	
New Orleans Crab Cake	10
New Orleans "Style" Crab Cake with Lettuce, Tomato, Sweet Red Pepper Aioli on a Onion Roll	

Executive Chef ~ James Spoonhoward III Chef de Cuisine ~ Joe Vesseccia III Banquet Chef ~ Brian Bruner

Parties of 6 or more will automatically be charged 20% gratuity