

# REGENT'S BAR & KITCHEN

Please order at  
the till with your  
table number

## PLEASE ASK US ABOUT THE ALLERGENS IN OUR FOOD

By purchasing your food and drink with us today you have helped care for over 5,000 acres of historic parkland in the heart of London. We hope you enjoy the Royal Parks as much as we do.

## MAINS

Available  
from 12pm

<b>GRILLED VEGAN BURGER (vg)</b> Pickled red cabbage, plant-based brioche bun, skin-on chips and salad 729 kcal	£14
<b>AUBERGINE PARMIGIANO TORTELLONI (v)</b> Pomodoro sauce, marinated aubergine, basil and Parmesan 332 kcal	£14
<b>FISH AND CHIPS</b> Battered haddock, tartare sauce, garden peas, skin-on chips and salad 766 kcal	£16
<b>WOOD-FIRED OVEN-BAKED SALMON</b> Crushed new potato, capers, rocket and salsa verde 506 kcal	£15
<b>CHICKEN BURGER</b> Pulled BBQ chicken, toasted brioche bun, carrot & fennel slaw, aioli, sweet potato fries and salad 741 kcal	£15
<b>REGENT'S COLD KIRBY BEEF BURGER</b> Plum tomato, mozzarella, basil pesto mayo, toasted brioche bun, skin-on chips and salad 1276 kcal	£16

## SOUR- DOUGH PIZZAS

Available  
from 12pm

<b>NORMA (vg)</b> Roasted aubergine, basil pesto, olives, sun-dried tomatoes and rocket 601 kcal	£12	<b>FUNGHI (v)</b> Wild mushrooms, artichoke, Fior di latte mozzarella, spinach and Parmesan 525 kcal	£13	<b>PANCETTA</b> Fior di latte mozzarella, streaky smoked bacon, broccoli and cherry tomatoes 1066 kcal	£13
<b>MARGHERITA (v)</b> Pomodoro sauce, fior di latte mozzarella and basil 692 kcal	£12	<b>DIAVOLA</b> Pomodoro sauce, fior di latte mozzarella, spicy pepperoni, chilli jam and basil 942 kcal	£14	<b>CALZONE</b> Pomodoro sauce, fior di latte mozzarella, bresaola, wild rocket and Parmesan 883 kcal	£14

## SALADS

Available  
from 12pm

<b>WOOD-FIRED OVEN-ROASTED VEGETABLES AND MIXED GRAINS (vg)</b> Barley couscous, freekeh, buckwheat, hummus, red pepper, broccoli, aubergine, wild rocket and balsamic dressing 289 kcal	£12
<b>TUNA NIÇOISE</b> Marinated tuna, new potato, artichoke, olives, capers, tomato, cucumber, gem lettuce, free-range egg and lemon vinaigrette 404 kcal	£13
<b>CHICKEN CAESAR</b> Pulled free-range chicken, white anchovies, gem lettuce, rocket, garlic croutons, Parmesan, smoked bacon and Caesar dressing 558 kcal	£14

## SIDES

Available  
from 12pm

<b>WOOD-FIRED OVEN-ROASTED VEGETABLES (vg)</b> 82 kcal	£5	<b>SWEET POTATO FRIES (vg)</b> Chilli flakes 385 kcal	£6	<b>TOASTED SOURDOUGH FLATBREAD (v)</b> Olive oil 234 kcal	£4
<b>SKIN-ON FRIES (vg)</b> Rosemary Maldon sea salt 326 kcal	£5	<b>ROCKET AND PARMESAN (v)</b> Lemon vinaigrette 243 kcal	£4		

(v) vegetarian | (vg) vegan

We use a wide range of ingredients in our kitchen, some of which may contain allergens.

Please let us know if you have a specific allergy or dietary requirement so we can let you know of the most appropriate food choice.

Adults need around 2000 kcal a day.

We work with local UK suppliers to bring you the very best fruit and veg and use only UK-sourced meat and dairy. In our dishes we use MSC (Marine Stewardship Council) certified fish and Red Tractor approved fresh meat and chicken.



This menu has a labelling system that shows the amount of carbon and water emissions produced by each dish.

Scan the QR code to view the carbon footprint of your meal and to find out more about the Foodprint initiative.

Each item is rated on an A-E scale, showing the impact of our food choices on the environment. Products labelled A are the most climate-friendly choice, and products labelled E... we recommend in moderation!



Our menus are printed on paper that has been FSC (Forestry Standards Council) approved.

Operated by  
**BENUGO**



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## BREAK-FAST

Available  
until 11:30am

<b>VEGAN FULL ENGLISH BREAKFAST (vg)</b> Chickpea scramble, veggie sausages, roasted tomato, mushrooms, baked beans and toasted sourdough 474 kcal	£12.5
<b>EGGS FLORENTINE (v)</b> Wilted spinach, poached eggs, roasted tomatoes, pesto and sourdough 670 kcal	£10
<b>FRENCH TOAST (v)</b> Pan-fried brioche bread, yoghurt, fresh berries and forest fruit compote 473 kcal	£7
<b>FRUIT, NUT &amp; GRANOLA (v)</b> Berries and coconut yoghurt 364 kcal	£7
<b>EGGS BENEDICT</b> Mortadella, buffalo mozzarella, poached eggs, wild rocket, sourdough and Hollandaise 833 kcal	£12
<b>EGGS ROYAL</b> Smoked salmon, crushed avocado, poached eggs, sourdough and Hollandaise 617 kcal	£11
<b>FULL ENGLISH BREAKFAST</b> Cumberland sausages, smoked bacon, basil tomatoes, baked beans, mushrooms, poached egg and toasted sourdough 826 kcal	£13.5
<b>REGENT'S BREAKFAST SANDWICH</b> Cumberland sausage, smoked bacon, fried egg and toasted sourdough 961 kcal	£9

## HOT DRINKS

Our coffee is  
carbon neutral and  
Rainforest Alliance  
Certified

<b>ESPRESSO</b> 0 kcal	£2.5	<b>CHAI LATTE</b> 204 kcal	£3.55
<b>DOUBLE ESPRESSO</b> 0 kcal	£2.9	<b>ICED LATTE</b> 95 kcal	£4.25
<b>MACCHIATO</b> 6 kcal	£2.55	<b>ICED AMERICANO</b> 0 kcal	£4.25
<b>DOUBLE MACCHIATO</b> 6 kcal	£2.95	<b>TEA</b> 1 kcal	£2.8
<b>FLAT WHITE</b> 117 kcal	£3.6	English breakfast, Earl Grey, Oriental sencha, Peppermint, Chamomile, Elderflower, Ginger & lemon, Decaf tea	
<b>AMERICANO</b> 0 kcal	£3.25	<b>BABYCCINO</b>	£1.5 / FREE*
<b>LATTE</b> 202 kcal	£3.55	Free with any full priced hot drink	
<b>CAPPUCCINO</b> 135 kcal	£3.55		
<b>MOCHA</b> 282 kcal	£3.95	<b>EXTRA COFFEE SHOT</b> 0 kcal	£0.6
<b>HOT CHOCOLATE</b> 310 kcal	£3.65	<b>SYRUP SHOTS</b>	£0.6
<b>INDULGENT HOT CHOCOLATE</b> 432 kcal With whipped cream and marshmallows	£4.5	<b>MILK ALTERNATIVES</b>	FREE

**BENUGO REUSABLE CUP** £17.95  
Please bring a reusable cup and receive 50p off your hot drink

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## KIDS' MENU

Available  
from 12pm

### MAIN, DESSERT AND DRINK

£12

Tomato & basil trofie pasta (vg)

Fish and chips, peas and tartare sauce

Roasted chicken, potatoes and carrots

Chocolate brownie

Apple / orange juice or lemonade

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THE  
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THE REGENT'S PARK