

Quick Bites

We suggest at least two or three menu items to create an adequate amount of food for each guest.

Minimum of 10 pieces for each menu item. Minimum order required to be eligible for free delivery (\$50.00)

Orders come standard with Bio-degradable plates, napkins & cutlery. Please note all menu items that are adjusted to cater for vegan, gluten free, dairy free or any other dietary requirements will incur further charges.

Bao Buns

BAO... YUM! Bao buns stuffed with your choice of filling with marinated cabbage mix with coriander & mint served lathered with sweet sauce

Mongolian Pork Fillet	\$5.00 Each
Oven Baked Chicken	\$5.00 Each
Grilled Tofu (Vegan)	\$4.50 Each
Roasted Duck	\$5.50 Each

Sweet Potato Hash (V)

\$4.50 Serve

Indian inspired sweet potato fritters served with natural yoghurt and mango chutney

Gluten Free Option Available

Greek Inspired Lamb Filo Parcel \$6.00

Greek style lamb mixed with sauteed spinach, garlic, and feta cheese, wrapped in filo pastry and oven baked.

Curried Beef Roti Parcels \$6.00

Indian spiced minced beef wrapped in roti bread and oven baked

Fried Beef Balls \$ 5.00 per head

Bitterballen -Dutch style of fried beef balls. Tasty and great little grab and go snack served with a Dijon mayo.

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Quick Bites Menu

Chicken, Spinach & Fetta Filo Parcels

\$6.00 Each

Slow cooked chicken with garlic, wilted spinach and Bulgarian fetta wrapped in flaky filo pasty and oven baked.

Sushi Bowls (GF) (DF)

Individual bowls with sushi rice, pickled carrot, fresh cucumber, spring onion, fresh avocado, pickled ginger, soya sauce and Japanese mayo. Easy grab and go

Oven Baked Spiced Chicken	\$12.00 Each
Grilled Tofu (Vegan)	\$10.00 Each
Roasted Duck	\$14.00 Each
Australian Prawns	\$14.00 Each
Hot Smoked Salmon	\$14.00 Each

Dragonfly Beef Sausage Rolls

\$5.00 per head

Our very own house made beef sausage rolls served with tomato and barbecue sauce, A Regulator favorite and always a hit!

Stromboli – Pizza Roll (Vegetarian Option Available)

\$5.50 per head

Pizza dough topped with our own three cheese mix, napolitana sauce with a selection of toppings such as: pepperoni, sautéed onion, roasted capsicum, Virginian ham, spinach, and Kalamata olives, rolled and oven baked, great little grab and go lunch option.

Portuguese Chicken Skewers (GF) (DF) \$3.00 Each

Chicken thigh, marinated in Portuguese inspired spices, grilled, and served on a bed of rice.

Honey & Sesame Chicken Skewers (GF) (DF) \$3.00 Each

Chicken thigh marinated in the classic honey and sesame marinade. Finished with toasted sesame seeds. Grilled and served on a bed of rice.

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Quick Bites Menu

Selection of Fresh Turkish Rolls and Wraps \$10.00 Per Head

No need for a further menu item, this dish will serve your guests nicely! We Provide 1 large Turkish Roll and ½ a wrap per head serving
(Vegan and Gluten Free Option Available)

Variety of wraps & Turkish style rolls, stuffed with Virginian ham, oven baked chicken, egg salad OR beef finished with a range of spreads layered on lettuce, tomato, carrot, and cucumber.

Rice Paper Rolls (GF) (DF)

Rice paper rolls stuffed with your choice of filling with fresh cucumber, pickled carrot, spring onion, coriander & mint served with sticky sweet Thai sauce

Chinese Pork Fillet	\$5.00 Each
Oven Baked Chicken	\$5.00 Each
Grilled Tofu (Vegan)	\$4.50 Each
Roasted Duck	\$5.50 Each
Australian Prawn	\$5.50 Each

Vegetarian Spring Rolls (V) \$5.00 Per Head

Oven baked to keep them healthy. Packed with rice noodles, carrot, cabbage, Asian flavours served with dipping sauce

Chicken Spring Rolls \$6.00 Per Head

Oven baked to keep them healthy. Packed with rice noodles, chicken, carrot, cabbage, Asian flavours served with dipping sauce

Kung Poa Chicken Wings \$5.00 per head

Wings packed with a POW. Bursting with flavour served on a bed of rice

BBQ & Bourbon Wings \$5.00 Head

Smokey bbq and bourbon chicken wings soaked in the sticky sweet sauce, messy but well worth the effort!

Need Beverages?

Check out our Beverage Menu

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