

*Summer breeze, makes me feel fine*

## SUMMER MENU

FOOD SERVED

Monday to Thursday // 12<sup>NOON</sup> til 2.30<sup>PM</sup> & 5<sup>PM</sup> til 8.30<sup>PM</sup>

Friday // 12<sup>NOON</sup> til 2.30<sup>PM</sup> & 5<sup>PM</sup> til 9<sup>PM</sup>

Saturday // 12<sup>NOON</sup> til 9<sup>PM</sup>

Sunday // 12<sup>NOON</sup> til 8.30<sup>PM</sup>



**THE CONTINENTAL**



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## *Graze*

- Bowl of Boscaiola olives (v) £2.95
- Fresh dipping bread with balsamic dipping pot (v) 2.70
- Fresh dipping bread with homemade aioli (v) £2.70
- Home made carrot & curried muffin served with homemade hummus (v) £2.75

## *Start*

- Homemade soup of the day with chunky bread & butter (v) £4.00
- Goosnargh chicken liver pâté wrapped in smoked bacon, served with toast, salad leaves and fig & apple chutney £4.75
- Half a Galia melon filled with blackcurrant sorbet and seasonal berries with fruit coulis (v) £4.95
- Parma ham wrapped baked chicken breast and English asparagus terrine served with curried relish £5.00
- Warm baked beetroot & goats cheese tart served on dressed herb leaves with a roasted pepper dressing (v) £5.00

## *Salad*

- Classic Caesar salad with crisp leaves, Caesar dressing, croutons, Parmesan shavings, anchovies (optional) with chicken breast £8.50 or salmon £9.00
- Vegetarian option with Sandham's crumbly cheese (v) £5.50
- Feta cheese, roasted cherry vine tomato, mixed bean & herb crouton mixed leaf salad (v) £9.00
- Pan fried sweet chilli breast of chicken on mixed dressed salad £9.50

## *Sandwich*

**Monday to Saturday lunchtime only // 12<sup>PM</sup> til 2.30<sup>PM</sup>**

*Served with salad and crisps*

- Hot sandwich of the day £5.00 — please ask for details
- Mature cheddar with a pot of tomato relish (v) £4.25
- Smooth fresh roasted vegetables with watercress (v) £4.25
- Egg mayonnaise (v) 4.25
- Fleetwood smoked salmon, cream cheese & chives £4.95
- Soup & sandwich — soup of the day and any cold sandwich £7.00

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## *Main*

- Panfried breast of chicken finished with pesto & mozzarella cheese on mash with a fresh tomato sauce £9.95
- Garlic roasted halibut loin served on a bed of braised vegetables, garnished with Pernod scented butter & Morecambe bay shrimps £14.95
- Four hour slowly roasted belly pork finished with French grain mustard & crispy breadcrumbs, served on hot pot potatoes & veal sauce £10.00
- Baked old English sausages on mash with onion gravy £8.50
- Baked Scottish hake fillet served over mature cheddar cheese mash with white wine greens & beans sauce £10.00
- Baked sweet potato cake served over roasted vegetables with a tomato dressing (v) £8.50 (vegan option available on request)
- Spinach, brie & sun-dried tomato pastry served on a pine nut & olive salad (v) £8.50

### **Sundays Only**

The Continental Roast £9.00

## *Chargrill*

Rib Eye Steak £12.95

Rump Steak £12.00

*Served with tomato, breakfast mushroom, thick cut chips & salad garnish*

Mushroom or green peppercorn sauce £1.50

## *Sides*

Mixed leaf salad (v) £2.50

New potatoes (v) £1.95

Thick cut chips (v) £2.50

Seasonal vegetables (v) £1.50

Mashed potato (v) £1.95

Bread basket (v) £2.50

## *Pudding*

**All at £4.75**

- Warm apricot bread & butter pudding served with vanilla bean ice cream (v)
- Individual summer fruit pudding served with bramble coulis & vanilla bean ice cream (v)
- Short bread biscuit layered with double cream and fresh British strawberries served with a raspberry coulis (v)
- Individual milk chocolate & Baileys cheesecake served with Belguim chocolate ice cream

Ice cream selection (v) £3.75

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## *Coffees*

*The Continental's house blend is an Italian blend coffee from Atkinson's of Lancaster*

Espresso £1.65  
Americano £1.95  
Latte £2.20  
Cappuccino £2.20  
Mocha £2.30

## *Liqueur Coffees*

Baileys Latte £4.35  
Jameson's Irish coffee £4.25  
Parisian coffee with Martel Brandy £4.35  
Calypso coffee with Tia Maria £4.05  
Caribbean coffee with Lamb's Navy Rum £4.05

## *Hot Chocolate*

Slattery's rich hot chocolate £2.30  
With marshmallows or cream £2.40  
With marshmallows and cream £2.60

## *Teas*

**All at £1.80 a pot**

Atkinson's Lancaster blend  
Atkinson's Earl Grey  
Atkinson's Ceylon (Decaf)  
Atkinson's Lapsang Souchong  
Atkinson's Assam

## *Herbals*

**All at £1.80 a pot**

Mr Scruff's Peppermint and Chilli  
Twinings Blackberry & Elderflower  
Twinings Lemon & Ginger  
Dr Stuart's Detox Tea

<http://www.atkinsonsteaandcoffee.co.uk> <http://www.slattery.co.uk> <http://www.makeusabrew.com> <http://www.twinings.co.uk> <http://www.drstuart.com>

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**Thanks for your custom**

If you have enjoyed your meal and had good service please do leave a discretionary 10% service charge // All tips go directly to floor, bar, and kitchen staff.

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