

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

Iced coffee £2.70

Coffee syrups (vanilla, hazelnut or caramel) add 50p

Liqueur Coffees

All at £4.50

Bailey's latte

Jameson's Irish coffee

Parisian coffee with Martel Brandy

Calypso coffee with Tia Maria

Caribbean coffee with Lamb's Navy Rum

Hot Chocolate

Slattery's rich hot chocolate £2.30

With marshmallows & cream £2.60

Teas

All at £1.80 a pot

Atkinson's Lancaster Blend

Atkinson's Earl Gray

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

(Plus others when available)

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

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.

Please do join our mailing list at www.newcontinental.net

SPRING TO SUMMER MENU

FOOD SERVED

Tuesday to Thursday // 12^{NOON} til 2.30^{PM} & 5^{PM} til 8.30^{PM}

Friday // 12^{NOON} til 2.30^{PM} & 5^{PM} til 9^{PM}

Saturday // 12^{NOON} til 9^{PM}

Sunday // 12^{NOON} til 8.30^{PM}

*Sweet April
showers do spring
May flowers*



THE CONTINENTAL



Graze

- Green boscaiola olives bowl (vv) £3.50
- Fresh baked bread with balsamic vinegar & olive oil (v) £2.95
- Fresh baked bread with homemade aioli (v) £2.95
- Warm homemade carrot & sultana muffins with hummous dip (v) £3.50

Start

- Soup of the day (vv) £4.00
- Goosnargh chicken liver pâté wrapped in smoked bacon, with toast, salad leaves and pear & honey chutney £4.95
- Smoked trout and horseradish mousse wrapped with oak smoked Scottish salmon on dressed wild rocket with a lemon crème fraiche dressing £5.95
- Twice baked cheese soufflé served warm with beetroot salad (v) £4.95
- Garlic marinated beef tomatoes, avocado & fresh basil salad (vv) £4.95
- Smoked haddock, bubble & squeak potato cakes on dressed leaves with dill dressing £5.50

Salad

- Classic Caesar salad with crisp leaves, Caesar dressing, croutons, Parmesan shavings & anchovies (optional) with chicken breast £8.95 or salmon £9.95
- Vegetarian option Caesar salad with Sandhams crumbly cheese (v) £6.50
- Oak smoked breast of chicken, organic watercress, herb leaf, green apple, celery & green pepper with a French grain mustard & honey dressing £10.95
- Mixed herb leaves, cows mozzarella cheese, sun dried tomato & toasted pine nut salad (v) £8.95

Sandwich

- Tuesday to Saturday lunchtime only // 12^{PM} til 2.30^{PM}**
- Served with salad garnish and crisps*
- Mature cheddar with a pot of tomato relish (v) £4.50
- Prawn & lemon mayonnaise £5.25
- Roasted ham £4.95
- Fleetwood smoked salmon, cream cheese & chives £5.25
- Cold sandwich of the day £4.50
- Vegetarian sandwich of the day (v) £4.50
- Soup & sandwich — soup and any cold sandwich of the day £7.25
- Hot sandwich served with salad £5.50 — Please ask for details

We do our best to accommodate all dietary requirements // Please ring ahead if you have any special needs, or ask a member of staff when dining with us // If you have any complaints or comments, please do tell us.

Main

- Chef's lamb hotpot served with merlot sauce & sticky red cabbage £11.95
- Roasted fillet of sea bass over a leek & goats cheese bake with mixed bean & herb sauce £12.50
- Pan-fried fillet of pork on Bury black pudding & mash with French grain mustard sauce £12.50
- Baked homemade sausages of the day, mash & onion gravy £8.95
- Baked spring onion crusted fillet of salmon on a salad of fennel, vanilla, dill & garlic olive oil tomatoes £11.95
- Veggie & potato hotpot with bean stew served with warm herb scone (v) (vegan option available on request) £8.95
- Baked fennel, artichoke & goats cheese tart served on a mixed salad garnish with a pickled beetroot dressing (v) £8.95

Sundays Only

- The Continental Roast £9.50

Chargrill

- Rib eye steak £ 14.50
- Rump steak £13.50
- Served with tomato, breakfast mushroom, thick cut chips and salad garnish*
- French grain mustard cream sauce or green peppercorn sauce £1.50

Sides

- Mixed leaf salad (vv) £2.95
- Thick cut chips (vv) £2.95
- Mashed potato (v) £2.95
- New potatoes (v) £2.50
- Seasonal vegetables (v) £1.75
- Bread basket (v) £2.50

Pudding

- Warm apricot bread & butter pudding served with fresh vanilla bean ice cream (v) £4.95
- Individual fresh vanilla bean & mascarpone cheesecake served with chef's sea salt & milk chocolate ice cream £4.95
- Belgian milk chocolate & malt whiskey mousse served with chocolate & homemade pistachio nut biscuit £4.95
- Warm poached pear & Belgian chocolate tart served with vanilla bean ice cream (v) £4.95
- Selection of ice cream (v) £3.75

All our meals are freshly cooked and prepared to order // Please expect delays at busy times // Thanks for your patience (v) suitable for vegetarians (vv) Suitable for vegans