

THE CONTINENTAL

Spring/Summer Menu 2018

Nibbles

OLIVES
£3.50



WARM HOME MADE SAVOURY MUFFINS OF THE DAY served with hummus

£4.50



CHEF'S MIXED PLATE SELECTION please ask for details

£5.95



MIXED BREAD served with pesto dip
£3.50

Starters

SOUP OF THE DAY
£4.00



HOME-MADE PÂTÉ served with salad garnish, pear gin & tonic relish & toast

£5.95

FRESH CRAB MEAT, SPICY SALSA & LEAVES served on home-made coriander flat bread

£6.50

TOASTED HOME-MADE MARMITE BREAD topped with crisp gem lettuce, smoked paprika, cherry tomato, avocado with jalapeño & chickpea dressing

£5.75



SLOW COOKED CANADIAN MAPLE SYRUP GLAZED BELLY PORK & BURY BLACK PUDDING ARANCINI WARMED served on apple purée with crackling dust

£6.50

HEIRLOOM TOMATO & PEPPERED RICOTTA CHEESE SALAD with wild rocket & balsamic pear

£5.95

PULLED BEEF BRISKET, SMOKED BACON ROASTED POTATO HASH finished with fried duck egg

£6.50



Salads

CLASSIC CAESAR SALAD with crisp leaves, Caesar dressing, Parmesan shavings & anchovies (optional)

CHICKEN £10.50
SALMON £11.95

VEGETARIAN CAESAR SALAD with half avocado & Lancashire cheese

£8.95



OAK SMOKED BREAST OF CHICKEN with avocado, sun-blush tomato, roasted pine-nut & wild rocket

£12.50



QUINOA, SPICED ROASTED VEGETABLE, FETA CHEESE & WATERCRESS with lime & chilli dressing

£10.50



FENNEL, APPLE, GREEN GRAPES & GARSTANG BLUE CHEESE dressed mixed leaves

£10.50



HERE'S A COUPLE OF WINE MATCHING SUGGESTIONS BASED ON THIS MENU

False Bay Chenin Blanc is a fruity & aromatic wine well suited to drinking alongside a dish like our Thai marinated Chicken breast with its South Asian flavours.

False Bay Rose's floral hints & red fruit flavours suits lighter foods like fish or salads, try it with our roasted Cod loin or Salmon Caesar salad.

Cline Cellars Zinfandel is a rich robust red, ideally matched with red meat like our char-grilled bacon chop steak.

Ask a server for more details.

Sarnies

TUESDAY - SATURDAY: LUNCHTIME ONLY 12PM UNTIL 2.30PM

All served with salad garnish & crisps

Add chips to any sandwich for £2.00

MATURE CHEDDAR With tomato relish

£4.95



PRAWN & LEMON MAYONNAISE

£5.50

ROASTED HAM

£5.50

FLEETWOOD SMOKED SALMON, CREAM CHEESE & CHIVES

£5.50

SANDWICH OF THE DAY

Cold £5.50

Vegetarian £4.95

Hot £5.95

SOUP AND ANY COLD SANDWICH

£7.95

Grilled

CHAR-GRILLED RIBEYE STEAK

£16.50



CHAR-GRILLED RUMP STEAK

£15.50



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

Add mushroom sauce or peppercorn sauce

£1.50



Mains

BAKED SAUSAGE OF THE DAY on butter mash with home-made onion gravy.

£9.50

PAN-FRIED THAI MARINATED BREAST OF CHICKEN served on a fresh lemon grass risotto

£13.95



CHAR-GRILLED BACON CHOP STEAK on spring onion & sun-blush tomato potato cake, with garden pea & fresh herb sauce.

£13.95

ROASTED COD LOIN served on chorizo potato cake & white bean stew.

£15.50



LEMON, FRESH BASIL, ASPARAGUS & FRESH HERB RISOTTO

£9.95



BAKED DEVON CRAB & FRESH CORIANDER POTATO CAKE garnished with pan-fried garlic king prawn served on wild rocket

£13.95

ROASTED VEGETABLE & HUMMUS PIE With a side of new potatoes.

£9.95



THE CONTINENTAL ROAST (Sundays Only)

£11.50

Puddings

CLASSIC CONTINENTAL HOME-MADE APRICOT BREAD & BUTTER PUDDING Served with vanilla bean ice-cream.

£5.75



CHOCOLATE SACHER TORTE Served with home-made chocolate orange sorbet.

£5.75

CHEF'S STRAWBERRY TRIO OF THE DAY Please ask staff for details

£5.75

INDIVIDUAL FRESH GINGER & LIME EGG CUSTARD TART With home-made gingerbread ice-cream

£5.75

Please check for our specials list for our "SWEETS OF THE DAY"

THE CONTINENTAL'S LARGE & VARIED BEER SELECTION INVITES MANY EXCITING BEER & FOOD PAIRINGS. BELOW ARE A FEW IDEAS TO HELP YOU OUT

A German Hefeweizen like Paulaner or a Pilsener like Jever goes well with lighter foods; salads, fish, chicken, or fruity desserts.

Darker beers like Erdinger Dunkel or one of our cask Stouts will suit much stronger, heartier foods; smoked, barbecue or spiced meats, strong cheeses or rich chocolate desserts.

Those with a sweet tooth might enjoy their dessert with one of our Belgian fruit beers like Timmermans Peche or Kriek.

Ask a server for more details.

We can accommodate for all types of dietary needs. Please ring ahead if you have any specialist requirements, or ask a member of the team when dining with us.