



THE CONTINENTAL

Autumn / Winter 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

£6.50



MIXED BREAD served with pesto dip

£3.50

Sides

MIXED LEAF SALAD
£3.50



THICK CUT CHIPS
£3.50



NEW POTATOES
£3.50



SEASONAL VEGETABLES
£2.95



MASHED POTATO
£3.50



BREAD BASKET
£3.50



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.

Starters

HOME-MADE SOUP OF THE DAY
£4.00



HOME-MADE PÂTÉ served with salad garnish, sticky apple & sultana chutney & toast

£5.95

GOATS CHEESE SALAD with golden beetroot, pea shoots, wasabi leaf, wild rocket, caramelised walnuts, orange & whipped goats cheese

£5.95

INDIVIDUALLY BAKED, PULLED SHOULDER OF LAMB SHEPHERDS PIE FINISHED WITH GARSTANG BLUE CHEESE served with a mini home-made bread roll

£6.50

HOME-MADE BEETROOT HUMMUS SALAD with avocado, pumpkin & sunflower seeds

£5.50

HOME-MADE SWEET POTATO GNOCCHI IN FRESH SAGE BUTTER served with mushroom & pecan sauce finished with poached hens egg

£6.00

EARL GREY TEA SCENTED COURGETTE, SMOKED MACKEREL TIMBLE served with lime dressed fizzy endive caper berry salad & home-made crisp bread

£5.50

Salads

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

CHICKEN £11.00
SALMON £12.50

VEGETARIAN CAESAR SALAD with half avocado & Lancashire cheese

£8.95



BLACK WILD RICE, BLACK OLIVES, GOJI BERRIES, WILD ROCKET & HERB BRUSCHETTA SALAD with lemons & lime drizzle finished with a spoon of natural yogurt

£10.50

ENDIVE, APPLE, POMEGRANATE, WALNUT & GOATS CHEESE SALAD

£10.50

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

Moko Black Pinot Noir is a light sweetly fruity wine that would work well with the sticky BBQ pork loin chops or our goats cheese salad.

Why not try a bottle of the New Zealand Could Factory Sauvignon Blanc with the hummus baked fillet of salmon.

Cabaret Frank, Cabernet Franc would be a perfect accompaniment to the honey glazed breast of duck.

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 wholegrain mustard cream sauce or peppercorn sauce

£1.50

Mains

ROASTED MEAT LOAF served over Bury black-pudding, mash & onion gravy finished with fried duck egg.

£12.50

HUMMUS BAKED FILLET OF SALMON over citrus chard vegetables.

£16.50

INDIVIDUALLY BAKED ROASTED VEGETABLE & LENTIL COTTAGE PIE served with home-made parsnip & fresh sage bread

£9.95



OVEN BAKED SAUSAGES OF THE DAY served with mash & home-made onion gravy

£9.50

INDIVIDUALLY BAKED VEGETABLE & NUT ROAST with vegetable gravy & sweet potato fries

£9.95



STICKY BBQ PORK LOIN CHOP served on Jambalaya prawn risotto

£14.50

HONEY GLAZED PAN-FRIED BREAST OF DUCK over pak choi with bacon & lentil broth

£16.95

THE CONTINENTAL ROAST (SUNDAYS ONLY)

£11.50

Puddings

INDIVIDUAL RUM, DARK CHOCOLATE & PINEAPPLE TRIFLE served with a coconut biscuit.

£5.75

CLASSIC CONTINENTAL APRICOT BREAD & BUTTER PUDDING served with vanilla bean ice-cream.

£5.75

INDIVIDUAL BANANA & CARAMEL CHEESECAKE with home-made toffee ice-cream.

£5.75

INDIVIDUAL PARSNIP, APPLE, PECAN & MAPLE SYRUP CAKE with mascarpone cream & home-made muesli & honey ice-cream

£5.75

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 fruit beers or one of the cocktails from our cocktail menu.

Ask a server for more details.