

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

Twinnings Blackberry & Elderflower

Twinnings 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.twinnings.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

AUTUMN 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}

*The gold sun burning
As the rain swept by*



THE CONTINENTAL



Graze

Green boscaiola olives (vv) £3.00

Fresh baked bread with balsamic vinegar & olive oil (v) £2.95

Fresh baked bread with homemade aioli (v) £2.95

Warm homemade creamy Lancashire & caramilised onion muffins with sun dried tomato mayonnaise (v) £3.75

Start

Soup of the day (vv) £4.00

Goosnargh chicken liver pâté wrapped in smoked bacon with salad leaves, apple & vanilla chutney & warm toast £4.95

Garstang blue & pear cheesecake with a dressed herb leaf salad garnish & red compote (v) £5.00

Pan-fried sweet chilli chicken livers served on wild rocket & homemade toasted brioche £5.00

Continental's Waldorf salad: English apple, local celery & broken walnut bound with mayonnaise, herb leaves &

Lancashire cheese with a drizzle of of fifteen year aged balsamic (v) £5.00

Dilled Gravlax & dressed wild rocket salad, with chive cream cheese with a wild honey, baby caper & lime dressing £5.50

Salad

Classic Caesar salad with crisp leaves, Caesar dressing, croutons, Parmesan shavings & anchovies (optional)

with chicken breast £9.50 or salmon £10.50

Vegetarian Caesar salad with Sandhams crumbly cheese (v) £6.50

Warm ham hock with Bury black pudding & creamy Lancashire cheese over a mixed French grain mustard dressed salad £9.50

A mixed dressed salad of brie, walnuts, sun dried tomato & olives garnished with herb brochette (v) £9.50

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

Main

Pan-fried breast of chicken on garlic mash with a wild mushroom sauce £11.50

Slow cooked honey glazed belly pork on a chorizo sausage potato bake & onion gravy £11.50

Pan-fried Pendle lamb rump scented with fresh rosemary on butter mash & Merlot sauce £13.00

Roasted fillet of guilthead bream with a Morecombe Bay shrimp & lime crust over sauté new potatoes with a fresh basil dressing £13.50

Roasted fillet of salmon on butter mash, Bury black pudding & Merlot sauce £12.50

Baked hand made sausages of the day, mash & onion gravy £8.95

Roasted seasonal vegetables & blue cheese Wellington (v) £8.95

Sweet potato, sun dried tomato & herb risotto with toasted sunflower seeds (vv) £8.95

Sundays Only

The Continental Roast £9.50

Chargrill

Rib eye steak £13.95

Rump steak £12.95

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

Roasted garlic cream sauce or green peppercorn sauce £1.50

Sides

Mixed leaf salad (vv) £2.95

New potatoes (v) £2.50

Thick cut chips (vv) £2.95

Seasonal vegetables (v) £1.75

Mashed potato (v) £2.95

Bread basket (v) £2.50

Pudding

Warm apricot bread & butter pudding with fresh vanilla bean ice cream (v) £4.95

Individual dark Belgian chocolate cheesecake with homemade rum & raisin ice cream £4.95

Warm pear & almond tart with vanilla bean ice cream (v) £4.95

Belgian milk chocolate terrine with homemade white chocolate ice cream (v) £4.95

Ice cream selection (v) £3.75