

Cause nothin' lasts forever, even cold November rain

AUTUMN MENU

Monday 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 CONTINENTAL



Something To Nibble

Bowl of Boscaiola olives £2.75 (v)
Fresh dipping bread with balsamic dipping pot £2.50 (v)

Something To Start

Homemade soup of the day with chunky bread & butter £4.00 (v)
Goosnargh chicken liver pâté wrapped in smoked bacon, served with salad leaves, apple & vanilla chutney & toast £4.75
Baked field mushroom, local leek & cow's mozzarella tart on wild rocket salad with a balsamic reduction dressing £5.00 (v)
Oak smoked Scottish salmon on citrus dressed wild rocket with a Morecambe Bay shrimp dressing £5.50
Fanned avocado & Parma ham on mustard dressed leaves with Parmesan shavings £5.00
Warm curried sweet potato brûlée served with homemade carrot muffins and dressed mixed leaf & seed salad £5.00 (v)

Something From The Garden

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 Lancashire cheese £5.50 (v)
Warm Ham Hock, Bury black pudding and Sandham's Lancashire cheese on French grain mustard dressed leaves £8.50
Avocado, watercress, olives & roasted pine nut mixed leaf salad £8.50 (v) (vv)

Bread With a Filling

Monday to Saturday lunchtime only // 12pm til 2.30pm
Served with salad and Seabrooks crisps

Hot sandwich of the day – Please ask for details
Mature cheddar with a pot of tomato relish £4.25 (v)
Smooth fresh roasted vegetables with watercress £4.25 (v)
Roast ham with tomato relish £4.25
Atlantic prawns in lemon mayonnaise £4.95
Fleetwood smoked salmon, cream cheese & chives £4.95
Egg mayonnaise £4.25 (v)

Soup of the day and any sandwich £7.00

Something For Mains

- Cheese topped oven baked cottage pie served with chunky bread £8.00
Slow roasted honey glazed belly pork served on Bury black pudding, bubble and squeak mash, with red wine & thyme sauce £10.00
Herb crusted fillets of rainbow trout over hot salad of braised fennel, sauté new potatoes & organic watercress £10.00
Garlic & rosemary roasted loin of lamb served on greens, garlic mash & red wine sauce £11.00
Baked cumberland sausage served on herb mash & onion gravy £8.50
Baked field mushrooms , Dolphinholme goats cheese & spinach tart, served on dressed leaves with red wine & shallot dressing £8.00 (v)
Roasted pumpkin, sundried tomato & herb risotto £8.00 (v) (vv)

Something From The Chargrill

- Rib Eye Steak £12.95
Rump Steak £11.50
Served with tomato, breakfast mushroom, thick cut chips & salad garnish
Mushroom or green peppercorn sauce £1.50

Something On The Side

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| Mixed leaf salad £2.50 (v) | New potatoes £1.95 (v) |
| Thick cut chips £2.50 (v) | Seasonal vegetables £1.50 (v) |
| Mashed potatoes £1.95 (v) | Bread basket £2.50 (v) |

Something For Pudding

All at £4.50

- Individual warm apple crumble served with vanilla bean ice cream (v)
Rich Belgian milk chocolate terrine served with Belgian chocolate sauce and homemade chocolate sorbet (v)
Warm apricot glazed bread & butter pudding served with vanilla bean ice cream (v)
Individual white chocolate & raspberry cheesecake served with milk chocolate ice cream
Ice cream selection £3.75 (v)
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Coffees

Espresso £1.50
Americano £1.95
Latte £2.10
Cappuccino £2.00
Mocha £2.25

Bailey's latte £4.40
Irish coffee £4.00
Parisian coffee £4.00
Calypso coffee £4.00

The Continental's house blend is an Italian blend coffee

Teas

All at £1.80 a pot
Lancaster Blend
Earl Grey
Ceylon (Decaf)
Lapsang Souchong
Assam
Peppermint and Chilli
Blackberry and Elderflower
Lemon and Ginger
Detox Tea

Thanks to J Atkinson & Co. of Lancaster for Tea and Coffee Blends

Hot Chocolate

Slattery's rich hot chocolate £2.25
With marshmallows £2.50

**If you have any complaints or comments please do let us know.
If you have enjoyed your meal and had good service please do leave a discretionary 10% service charge.
All tips go directly to the hard working staff, not the management.**

All our foods are locally sourced using fresh ingredients and made individually to order. During busy periods the waiting staff will inform you if there are any delays because of this.
Our team will be working hard to send you home happy.

To join the mailing list please email info@newcontinental.net