

The blossoms on the trees stir up the honey bees

SPRING MENU



THE CONTINENTAL



Graze

- Bowl of Boscaiola olives (v) £2.95
- Fresh dipping bread with balsamic dipping pot (v) £2.70
- Fresh dipping bread with homemade aioli (v) £2.70
- Home made carrot & curried muffin served with homemade hummus (v) £2.75

Start

- Homemade soup of the day with chunky bread & butter (v) £4.00
- Goosnargh chicken liver pâté wrapped in smoked bacon, served with toast, salad leaves, & tomato, onion & Continental Ale chutney £4.75
- Baked Garstang blue cheese, port & thyme scented poached pear cheesecake served with dressed leaves & onion marmalade (v) £4.75
- Warm Bury black pudding on French grain mustard & apple mash with a veal stock sauce £5.00
- Smoked mackerel & malt whisky pâté served with salad garnish & homemade toasted brioche £4.75
- Sliced duck breast, orange vinaigrette dressed rocket leaves, smoked bacon & roasted pine nut salad £5.00

Salad

- 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 Sandhams's crumbly cheese (v) £5.50
- Continental Waldorf salad with walnuts, green apple & celery lightly bound in mayonnaise, on salad leaves & sprinkled with Sandham's Lancashire crumbly cheese (v) £8.50
- Panfried Goosnagh chicken livers, shredded smoked bacon & chorizo over dressed mixed salad £9.00

Sandwich

Monday to Saturday lunchtime only // 12^{PM} til 2.30^{PM}

Served with salad and Seabrooks crisps

- Hot sandwich of the day £5.00 — please ask for details
- Mature cheddar with a pot of tomato relish (v) £4.25
- Smooth fresh roasted vegetables with watercress (v) £4.25
- Egg mayonnaise (v) £4.25
- Roast ham with tomato relish £4.25
- Atlantic prawns in lemon mayonnaise £4.95
- Fleetwood smoked salmon, cream cheese & chives £4.95
- Soup & Sandwich – soup of the day and any cold sandwich £7.00

Main

- Slowly roasted honey glazed belly pork served on apple & chive mash with onion gravy £10.00
- Panfried breast of chicken served on a chorizo potato bake with a red wine sauce £9.95
- Baked Cumberland sausage served on a herb mash & onion gravy £8.50
- Roasted fillet of sea bass served over a mozzarella ratatouille £12.50
- Roasted vegetable, onion, marmalade & goats cheese tart served on a dressed mixed leaf salad (v) £8.50
- Lemon baked fillet of salmon over butter spinach & wilted pak choi £12.00
- Roasted vegetable & lentil potato cake served on a dressed mixed leaf salad (v) £8.50 (vegan option available on request)
- Vegetarian Dish of the day — please ask for details

Sundays Only — The Continental Roast

- Roast of the day with seasonal vegetables, roast potatoes, & gravy £9.00

Chargrill

Rib Eye Steak £12.95

Rump Steak £12.00

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

Mushroom or green peppercorn sauce £1.50

Sides

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

Pudding

All at £4.50

- Individual warm apple crumble served with vanilla bean ice cream (v)
 - Warm apricot bread & butter pudding served with vanilla bean ice cream (v)
 - Orange & Cointreau crème brûlée served with homemade chocolate & lime ice cream (v)
 - Belgium chocolate tart served with vanilla bean ice cream (v)
 - Ice cream selection £3.75 (v)
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Coffees

The Continental's house blend is an Italian blend coffee from Atkinson's of Lancaster

Espresso £1.55
Americano £1.85
Latte £2.10
Cappuccino £2.10
Mocha £2.20

Liqueur Coffees

Baileys Latte £4.35
Jameson's Irish coffee £4.25
Parisian coffee with Martel Brandy £4.35
Calypso coffee with Tia Maria £4.05
Caribbean coffee with Lamb's Navy Rum £4.05

Hot Chocolate

Slattery's rich hot chocolate £2.20
With marshmallows or cream £2.40
With marshmallows and cream £2.60

Teas

All at £1.80 a pot
Atkinson's Lancaster blend
Atkinson's Earl Grey
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

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

Thanks for your custom

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

If you have any complaints or comments, please do tell us.

If you have enjoyed your meal & 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