

The Continental

DINNER
Sun-Thurs: 4 pm to 10 pm
(bar open until 11 pm)
Fri-Sat: 4pm to 11 pm
(bar open until midnight)

BRUNCH
Sat-Sun: 11 am to 4 pm

LUNCH
Mon-Fri: 11:30 am to 4 pm

HAPPY HOUR
bar only from Sun to Fri: 4 to 6 pm
bar only from Sun to Fri: 8 to 10 pm

EXECUTIVE CHEF
Erica Gant

- Udon Noodle Soup** 9.00
chicken dumplings, dashi & scallions
- Crispy Calamari Salad** 14.00
carrots, tomatoes, sprouts & soy-sesame dressing
- Spinach Cobb** 13.00
bacon, avocado, chicken, blue cheese & farm egg
- Black Quinoa 'Tabbouleh' Salad** 10.50 (v)
spinach, feta, red onions, tomatoes, olives,
cucumbers & mint with lemon vinaigrette
- Continental** 11.00 (v)
chopped greens, tomatoes, cucumbers,
feta, red onions & herb dressing
WITH CHICKEN 15.50
- Baby Kale & Beet Salad** 11.50 (v)
goat cheese, pumpernickel croutons,
candied walnuts & apple cider vinaigrette
- Caesar Salad** 10.50
rosemary croutons & parmesan dressing
WITH CHICKEN 15.00

- Szechuan Shoestring Fries** 8.50 (v)
chinese mustard
- Hummus** 9.50 (v)
grilled pita & olive oil
- Steamed Edamame** 6.50 (v)
sea salt
- Roasted Poblano Enchiladas** 13.50 (v)
corn, portobello, oaxaca, salsa rojo, pickled onion,
queso fresco
- Crispy Brussels Sprouts** 11.00 (v)
roasted garlic yogurt & coriander dressing
- Spinach Ravioli** 13.50 (v)
toasted pine nuts, tomatoes & basil

- Steamed Broccoli** 5.00 (v)
sweet soy
- Wasabi Mashed Potatoes** 6.50 (v)
scallions
- French Fries** 4.00 (v)
- Steamed Jasmine Rice** 3.50 (v)
sweet soy

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*Consuming raw or undercooked meats, poultry, seafood, shellfish,
or eggs may increase your risk of foodborne illness. 12.01.17

- Grilled Thai Chicken Skewers** 13.00
peanut sauce & jasmine rice
- Beer Battered Shrimp & Calamari** 12.50
saffron aioli
- Thai Chicken Lettuce Wraps** 14.00
bibb lettuce & spicy peanut dipping sauce
- Tuna Tartare Potato Skins*** 13.00
lemon, scallion cream & micro greens
- BBQ Chicken Quesadilla** 11.00
avocado sour cream
- Vietnamese Summer Roll** 9.50
crabstick, somen noodle & avocado
- Crab Tostones** 13.00
lump crab salad, red onion, red finger chili,
avocado, crispy plantain
- Buffalo Chicken Meatballs** 9.00
blue cheese creama & micro celery
- Korean Pork Tacos** 9.50
berkshire farms pork, spicy korean
bbq sauce & pickled cucumber
- French Onion Soup Dumplings** 10.00
baked with gruyère cheese
- Baja Fish Tacos** 12.00
blackened fish, creamy slaw, chipotle aioli

- BBQ Salmon*** 19.00
north atlantic salmon, bbq spices & edamame succotash
- Chicken & Waffles** 17.00
buttermilk fried chicken, white cheddar waffles,
applewood smoked bacon & gravy
- Chilean Sea Bass** 28.00
miso glaze, chinese broccoli & sweet mash
- Chicken Tikka Masala** 14.00
punjab-style chicken curry, cucumber raita, almond
& raisin basmati
- Pad Thai** 19.00
jumbo lump crab, egg, tofu, scallions,
rice vermicelli & peanuts
- Teriyaki Filet Mignon*** 28.00
wasabi mashed potatoes & bok choy
- Sliders** 3 PACK 15.00 / 6 PACK 29.00
Mini La Frieda burger, bibb lettuce, swiss, russian dressing,
mustard pickles, caramelized onions, homemade brioche
- Rad Na** 14.00
chow fun noodles, peanuts, chicken, over crisp romaine
- Lobster Mac n' Cheese** 19.00
orzo, fontina, gruyère & parmesan bread crumbs
- Cheesesteak Eggroll** 15.00
bell peppers, mushrooms, onions, sriracha ketchup
- Crab Cakes** 22.00
lump crab, red pepper aioli, french fries
- Seared Tuna*** 20.00
sesame crusted (served rare) with mushroom risotto