

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 & sesame-soy dressing
- Continental Salad** 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
- Spinach Cobb**13.00
bacon, avocado, chicken, blue cheese & farm egg
- Black Quinoa 'Tabbouleh' Salad**..... 10.50 (v)
spinach, feta, red onions, olives, cucumbers,
mint & lemon vinaigrette

CONTINENTAL QUICKIE \$10

quick & satisfying, changes daily

*All sandwiches come with a choice of french fries
fruit or small Continental salad*

- Tuscan Chicken Sandwich** 11.00
chicken roulade, sharp provolone, smoked tomato &
pesto aioli on tuscan bread
- Short Rib** 12.00
horseradish, fontina, pickled onions, arugula
on a toasted roll
- Greek Turkey Burger** 12.50
watercress, red onion & tzatziki sauce
- Big Daddy Mack** 10.50 (v)
veggie burger, cheddar, pickles, onions &
special sauce on a homemade brioche bun
- Continental Cheeseburger*** 13.00
8 oz. la frieda burger, sautéed onions, sharp cheddar
on a homemade everything roll
WITH BACON 15.00
- Turkey Club** 12.00
roasted turkey, neuske bacon, apple mayo
- Cuban** 12.00
pulled pork, ham, manchego cheese, pickles & chinese mustard
- Grilled Chicken** 12.00
braised greens & aged provolone on a baguette

- French Toast**10.00
challah bread, seasonal fruit compote & maple syrup
- Ham & Swiss Omelette** 11.50
served with fresh fruit
- Egg White Frittata** 11.50
pita croutons, parmesan, spinach & tomato
- Huevos Rancheros** 12.00
chorizo, black beans, avocado crema,
tostada & heirloom tomato salsa

- Hummus**9.50 (v)
grilled pita & olive oil
- Buffalo Chicken Meatballs**9.00
blue cheese creama & micro celery
- Szechuan Shoestring Fries**8.50 (v)
chinese mustard
- Thai Chicken Lettuce Wraps**14.00
bibb lettuce & spicy peanut dipping sauce
- Tuna Tartare Potato Skins***13.00
lemon, scallion cream & micro greens
- French Onion Soup Dumplings**10.00
baked with gruyère cheese
- Grilled Thai Chicken Skewers**13.00
peanut sauce & jasmine rice

- BBQ Chicken Quesadilla** 11.00
avocado sour cream
- Vietnamese Summer Roll**9.50
crabstick, somen noodle & avocado
- Cheesesteak Eggroll**15.00
bell peppers, mushrooms, onions, sriracha ketchup
- Pad Thai**19.00
jumbo lump crab, egg, tofu, scallions,
rice vermicelli & peanut
- Lobster Mac n' Cheese**19.00
orzo, gruyère & parmesan bread crumbs
- Sliders** 3 PACK 15.00 / 6 PACK 29.00
Mini La Frieda burger, bibb lettuce, swiss, russian dressing,
mustard pickles, caramelized onions, homemade brioche
- Chicken Tikka Masala**14.00
punjab-style chicken curry, cucumber raita, almond
& raisin basmati
- Seared Tuna***20.00
sesame crusted (served rare)
with mushroom risotto
- Rad Na**14.00
chow fun noodles, peanuts, chicken, over crisp romaine

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