

BREAKFAST

(Sunday 8am – 11.45am)

Sautéed spinach, white polenta, shaved parmesan, grilled chorizo, poached eggs 18.50

Smashed avocado on sourdough, roast tomatoes, Kalamata olives, grilled haloumi 18.50 (v)

Smoked salmon benedict, seed & nut filled avocado 18.50

Char-grilled asparagus, kohlrabi, yoghurt, brioche crumb, poached eggs 18.50 (v)

Breakfast mac 'n' cheese, beef sausage, poached eggs 18.50

Lamb's fry and bacon, sourdough, caramelised onions, poached eggs 18.50

Duck omelette, bean sprouts, coriander, soy dressing, toasted sourdough 19.00

Breakfast flat bread, prosciutto, baked eggs, mozzarella, figs, vincotto 18.50

Black pudding, scrambled eggs, toast, berry jus 18.50

2 pancakes, peanut butter, chocolate sauce, banana, whipped cream 16.50 (v)

Continental coconut bread or fruit loaf, preserves, vanilla butter 7.00 (v)

Oven baked croissant w/ prosciutto & brie cheese 9.50

Add on -

+ poached eggs ; + double smoked bacon; + grilled haloumi cheese;

+ sautéed mushrooms 4.00 (each)

SANDWICHES

(Available daily 11.30am-4.30pm)

Open rye sandwich, haloumi, avocado, tomato 18.50 (v)

Turkey, ham, brie, lettuce, cranberry jam, poppy seed bagel 19.50

Grilled ham & Gruyère cheese rye sandwich, seeded mustard, gherkin 18.50

Steak sandwich, sautéed mushrooms, spinach, blue cheese 20.50

Chicken, bacon, tomato, lettuce, avocado on sourdough 18.50

All sandwiches served toasted with French fries and aioli

The government's 10% GST is included in all prices.
A surcharge of 15% applies on public holidays.

HORS D'ŒUVRES & ENTREES

Summer Entree Specials

Warm Turkish bread, kohlrabi and yoghurt dip 14.50 v

Warm bruschetta of seasonal tomatoes, sweet basil & sea salt 15.50 v

King prawn cocktail, mango-cucumber salsa, melon pearls, crisp lavosh, lime 25.50

Chicken liver pâté, toasted rye, spiced baby figs, tomato relish 22.00

Soup of the day w/ grilled Continental bread 12.00 entrée 15.00 main

Continental Classic Light Meals

Chilli-salt cuttlefish, wild rocket leaf salad, sesame dressing 22.50 gf

Oven-baked brie en crouete, cranberry, walnuts, apple, toasted rye 24.50 v

Twice-baked goat's cheese soufflé, mixed leaf salad 22.00 v

Duck breast, burnt coconut, pineapple, cashews, watercress 26.50 gf

Grilled lamb Greek salad, macadamia & mint pesto, soft fetta, tomato, cucumber, olives 25.50 gf

T H E

A "v" after the price of a dish denotes a vegetarian option.

"gf" denotes a gluten-free meal choice.

Meal adjustments made happily within our kitchen to accommodate dietary requirements.

Gluten-free bread available upon request.

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MAIN COURSES

Summer Specials

Braised duck maryland & shallots au vin, grapes, casarecce pasta 36.00

Macadamia crumbed turkey escalope, summer greens, capers, raisins, honey-lavender dressing 32.50

Pan-fried kingfish fillet, kaffir lime, bone marrow ravioli, mango, pea tendrils 36.00

Fresh fish of the day - chef's selection MP

Three cheese ravioli, cashew yoghurt, rye croutons, watercress, caraway vinaigrette 29.00 v

Continental Classics

Soy lime chicken breast, coconut risotto, steamed bok choy, chilli 31.00

Continental beef sausages, potato mash, roast tomato, caramelised onion jus 28.50 gf

Char-grilled striploin, tarragon salsa, asparagus, bonito flakes, brioche crumbs 36.00

Pan-seared lamb's fry & bacon, désirée potato mash, roast tomato jus 27.50 gf

Spaghetti, prawns, chilli, smoked bacon, baby spinach, lemon 31.50

Risotto aux fruits de mer, roast tomato & garlic, local prawns, fish, mussels 28.50 gf

SIDE DISHES

French fries, classic aioli - petit 7.00 grand 9.00 v gf

Steamed vegetables 9.00 v

T H E Hand-cut sweet potato chips, lime, sea salt 9.00 gf

Continental potato mash 7.00 v Truffled mac 'n' Gruyère cheese 9.00 v

Garden salad, tomato, Spanish onion, cucumber, house dressing 8.00 v

*Wednesday evenings (in addition to regular menu):
"Brains & Other Offal Things"...Bookings recommended*

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SUMMER DESSERTS

Pineapple tarte tatin, coconut & lemongrass ice-cream 12.50

Christmas pudding, brandy anglaise, summer berries 14.00

Continental classic crème brûlée 12.50 gf

Rhubarb semifreddo, pistachio ice-cream, honey madeleines 12.50

Sticky-date pudding, hot butterscotch, ice-cream 12.50

Affogato (vanilla bean or burnt caramel ice-cream, 'drowned' in espresso coffee) 9.50 gf

Continental ice-cream sundae, burnt caramel & vanilla bean ice-creams,
hot butterscotch, whipped cream 11.50 gf

Extra scoop burnt caramel or vanilla bean ice-cream 4.00 gf

CHEESE

Soft – Brie Fermier (Fromi, FRA)

Blue – Bleu D'Auvergne (Livradois, FRA)

Semi-Hard – AOP Gruyère (Gruyères, CH)

2 cheese plate 18.50 / 3 cheese plate 26.50

All cheese served with crisp bread, quince paste & muscatels

THE
Continental

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