

## **BREAKFAST**

(Sunday 8am – 11.45am)

- Avocado bowl, quinoa, kale, sunflower seeds, tahini & lemon dressing 19.50 v
- Cheesy soft polenta, grilled chorizo sausage, sautéed spinach, poached eggs 21.00
- Smashed avocado on sourdough, roast tomatoes, Kalamata olives, grilled haloumi 19.50 v
- Smoked salmon benedict, English muffin, wilted spinach, hollandaise 21.00
- Good morning vegetarian haloumi & hash burger, roast mushroom, kale aioli 19.50 v
- Lamb's fry and bacon, sourdough, caramelised onions, poached eggs 21.00
- Chefs vegetarian omelette, toasted sourdough 21.00 v
- Grilled haloumi & Greek salad on flat bread 19.50 v
- Black pudding, scrambled eggs, toast, berry jus 20.50
- Continental banana bread or fruit loaf, preserves, vanilla butter 7.00 v
- Oven baked croissant w/ prosciutto & brie cheese 15.50
- Add on -
- + poached eggs; + double smoked bacon; + grilled haloumi cheese;  
+ smoked salmon; + sautéed mushrooms 4.00 (each)

## **SANDWICHES**

(Available daily 11.30am-4.30pm)

- Roast pumpkin & haloumi on sourdough, horseradish, rocket 19.50 v
- Turkey, bacon, camembert, avocado ciabatta, cranberry relish 21.50
- Steak sandwich, sautéed mushrooms, spinach, blue cheese, French fries, aioli 21.50
- Chicken, bacon, tomato, lettuce, avocado on sourdough, French fries, aioli 21.50

THE  
*Continental*

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

Oven-baked flat bread w/ blue cheese, table grapes, honey 14.50 v

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

Scallop & ginger dumplings, Sichuan pepper & chilli oil 24.00

Crumbed asparagus w/ saffron yoghurt, lime 21.00 v

Chicken liver pâté, toasted sourdough, pickled cranberries, cornichons 22.50

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

Seared salmon salad, soba noodles, ginger-citrus dressing, green beans 24.50

Twice-baked goat's cheese soufflé, mixed leaf salad 23.00 v

Grilled lemongrass chicken & charred pineapple salad, quinoa, avocado, lime 25.50 gf

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

*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 and pasta available upon request.*

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## MAIN COURSES

### Summer Specials

Confit duck leg, red wine risotto, pea puree, sautéed sprouts, speck, hazelnuts 36.50 gf

Roasted herbed turkey breast, freekeh, shaved cauli, pomegranate, lemon mayo 35.00

Roasted pork loin w/ apple and cinnamon, red cabbage, mango, coconut slaw 35.00 gf

Fresh fish of the day - chef's selection MP

Tamari roasted pumpkin, sunflower, horseradish w/ spiced cauliflower & almonds 29.00 vgf

### 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

Ribeye on the bone (400g), bearnaise sauce, roasted heirloom carrots, radishes 40.00 gf

Pan-seared lamb's fry & bacon, désirée potato mash, roast tomato jus 28.50 gf

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

Risotto aux fruits de mer, roast tomato & garlic, local prawns, fish, mussels 31.50 gf

### SIDE DISHES

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

Hand-cut sweet potato chips, lime, sea salt 9.00 v gf

Continental potato mash 7.00 v gf Red cabbage, mango, coconut slaw 9.00 v gf

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

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

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## SUMMER DESSERTS

Warm Christmas pudding, brandy anglaise, Summer berries 14.50

Apple tarte tatin, vanilla bean ice-cream 14.50

Continental classic crème brûlée 12.50 gf

Rhubarb semifreddo, pistachio ice-cream, honey madeleine 14.50

Sticky-date pudding, hot butterscotch, ice-cream 14.50

Affogato (vanilla bean or burnt caramel ice-cream, 'drowned' in espresso coffee) 10.50 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 – Montboissie (Livradois, FRA)

2 cheese plate 18.50 / 3 cheese plate 26.50

*All cheese served with crisp bread, quince paste & muscatels*

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