

The Continental Mid-town

Executive Chef
Steven Petrecca

We accept Visa,
Mastercard, Discover,
American Express
& Diner's Club

LUNCH
Monday-Friday:
11.30 am to 3.30 pm

BRUNCH
Saturday-Sunday:
10 am to 4 pm

MIDDAY
Monday-Friday:
3:30 pm to 5 pm
Saturday-Sunday:
4 pm to 5 pm

DINNER
Sunday-Thursday:
5 pm to 11 pm
Friday-Saturday:
5pm to Midnight

COCKTAILS

Wake & Bacon Mary
spicy bloody mary,
house infused bacon vodka
11.00

Rise & Shine Rita
sauza blanco, chili syrup,
grapefruit
11.00

Eye Opener
smirnoff citrus,
blood orange juice
11.00

Red Eye
kahlua, smirnoff vanilla,
nizza espresso
11.00

London Iced Tea
pimm's no. 1, fresh lemon,
ginger ale, cucumber
10.00

SALADS

Continental Salad . . 11.00 (v)
chopped greens, tomatoes,
cucumber, feta & red onions
WITH CHICKEN 15.00

Asian Chicken Salad . . 13.00
cucumber, wontons &
coconut-peanut dressing

Crispy Calamari Salad 14.00
chopped greens, carrots,
tomatoes, sprouts &
soy-sesame dressing

Black Quinoa
'Tabbouleh' Salad . . 10.50 (v)
chopped spinach, feta,
tomato & olives tossed in
lemon vinaigrette

Fresh Fruit 5.00
Nutella & Toast 3.00
Bagel & Cream Cheese . 3.00
Breakfast Potatoes 3.50
Turkey Bacon 4.00
Turkey Sausage 4.00
Applewood Bacon 4.00
Pork Sausage 4.00

OMELETS

EGG WHITE ADD 1.00

Kale & Mushroom 12.00 (v)
smoked gouda

Applewood Bacon & Cheddar 12.00

**Turkey Sausage,
Arugula & Provolone** 12.00

Asparagus & Goat Cheese 11.50 (v)

BLT 11.50
bacon, arugula & tomato

EGGS

Breakfast Quesadilla 10.00 (v)
black beans, scrambled eggs, jack & cheddar

Huevos Rancheros* 11.00
chorizo & black beans

Eggs Benedict* 11.00
WITH SMOKED SALMON 13.00

Smoked Salmon Hash* 12.00
poached eggs & dill hollandaise

Poached Eggs and Polenta* 12.00
braised swiss chard, pancetta & pecorino

BREAKFAST

Belgian Waffle (v)
BERRIES & CREAM 10.00
BANANAS FOSTER 11.00

Buttermilk Pancakes 10.00 (v)
maple butter & syrup
WITH BANANAS & BERRIES 12.50

Granola & Yogurt 8.00 (v)
fruits & nuts

Crunchy Brioche French Toast 10.00 (v)
apple compote & mulled cider reduction

Lox & Bagel* 12.50
romaine, tomato, cucumber,
red onion & cream cheese

The Big Bang 15.50
short stack, scrambled eggs, applewood bacon,
turkey sausage, home fries & toast

CLASSICS

Udon Noodle Soup 9.00
chicken dumplings, dashi & scallions

Grilled Thai Chicken Skewers . . . 13.00
jasmine rice & peanut sauce

French Onion Soup Dumplings . . 10.00
baked with gruyère cheese

Lobster Mac n' Cheese 19.00
orzo pasta, gruyère & fontina

Rad Na 14.00
chow fun noodles, peanuts, chicken,
over crisp romaine

Seared Tuna* 19.00
sesame crusted (served rare)
with mushroom risotto

Cheesesteak Eggroll 15.00
bell peppers, mushrooms, onions,
sriracha ketchup

SANDWICHES

Big Daddy Mack 10.50 (v)
veggie patty, special sauce,
lettuce, cheddar cheese, pickles
& onions on a sesame seed bun

Turkey Club 12.50
roasted turkey, applewood bacon,
lettuce & tomato on toasted metropolitan
white bread with caramelized apple mayo

Continental Cheeseburger* 12.50
la frieda "special blend"
1/2 lb burger, sautéed onions,
shaved lettuce & sharp cheddar

Chicken Curry Naan-wich 11.00
chicken salad with raisins & mango-curry
dressing on grilled naan bread

Grilled Cheese 9.00 (v)
havarti & fontina on brioche

Grilled Chicken 11.50
braised greens & aged provolone
on a baguette

Greek Turkey Burger 12.50
bibb lettuce, red onion, tzatziki

Country Ham 10.50
french ham, pickles, egg, gruyère
& frisee with caramelized onion mayo
on onion brioche

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*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs
may increase your risk of foodborne illness. 07.22.17