

# *The Continental* Mid-town

**LUNCH**  
Monday-Friday:  
11.30 am to 3.30 pm

**EXECUTIVE CHEF**  
Steven Petrecca

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

**BRUNCH**  
Saturday-Sunday:  
10 am to 4 pm

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

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

**Baby Kale & Beet Salad** .....11.50 (v)  
goat cheese, candied walnuts  
& apple cider vinaigrette

**Black Quinoa 'Tabbouleh' Salad** .....12.00 (v)  
spinach, feta, tomatoes, red onion, olives,  
cucumber & mint with lemon vinaigrette

**Spinach Cobb Salad\*** ..... 14.00  
bacon, avocado, chicken, maytag bleu cheese  
& a farm egg

**Continental Salad** .....13.00 (v)  
chopped greens, tomatoes, red onion,  
cucumbers & feta

ADD GRILLED CHICKEN BREAST  
TO ANY SALAD 5.00

**Hummus** ..... 11.00 (v)  
cucumber slices & extra virgin olive oil

**Steamed Edamame** ..... 7.00 (v)  
sea salt

**BBQ Spiced Charred Carrots** ..... 9.00 (v)  
dill yogurt, pumpkin seeds

**Seared Tuna\***..... 19.00  
sesame crusted over mushroom risotto  
(served rare)

**Jumbo Lump Crab Pad Thai\*** ..... 19.00  
rice noodles, tofu, egg, scallions & peanuts

**Braised Short Rib** .....17.00  
refried beans & chihuahua cheese

**Thai Chicken Lettuce Wraps** ..... 15.00  
bibb lettuce

**Chicken Tikka Masala** ..... 15.50  
punjab-style chicken curry, cucumber raita,  
almond & raisin basmati

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. 11.12.18

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**Jumbo Lump Crab Pad Thai\*** ..... 19.00  
rice noodles, tofu, egg, scallions & peanuts

**Curry Chicken** .....11.00  
chicken salad with raisins & mango curry dressing  
over thin sliced cucumbers & bibb lettuce

**Grilled Chicken**.....11.50  
braised greens & aged provolone

**Turkey Club**..... 13.50  
roasted turkey, applewood bacon, lettuce, tomato  
& caramelized apple mayo  
SERVED WITHOUT BREAD

**Cheeseburger**..... 13.50  
pat la frieda "special blend" 1/4 lb. burger,  
sautéed onions, lettuce & sharp cheddar  
WITH BACON 16.00  
WITH MUSHROOMS 14.50  
SERVED WITHOUT BREAD

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**Applewood Bacon & Cheddar Omelet** . . . 13.50

**Turkey Sausage, Arugula  
& Provolone Omelet** . . . . . 13.50

**Asparagus & Goat Cheese Omelet** . . . . . 13.00

**BLT Omelet** . . . . . 13.00  
bacon, arugula & tomato

**Kale Omelet** . . . . . 13.00  
mushroom & gouda

**Huevos Rancheros** . . . . . 11.00 (v)  
chorizo & black beans

**Eggs Benedict\*** . . . . . 12.50 (v)  
breakfast ham & poached eggs topped with  
hollandaise  
WITH SALMON 14.50

**Lox Plate** . . . . . 12.50  
romaine, tomatoes, red onion, cucumbers, capers  
& cream cheese

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