

# 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 & soy-sesame dressing
- Spinach Cobb** ..... 13.00  
bacon, avocado, chicken, blue cheese & farm egg
- Black Quinoa 'Tabbouleh' Salad**..... 10.50 (v)  
spinach, feta, red onions, tomatoes, olives,  
cucumbers & mint with lemon vinaigrette
- Continental** ..... 11.00 (v)  
chopped greens, tomatoes, cucumbers,  
feta, red onions & herb dressing  
WITH CHICKEN 15.50
- Baby Kale & Roasted Squash Salad** ..... 13.00  
pancetta, candied hazelnuts, goat cheese vinaigrette
- Caesar Salad** ..... 10.50  
rosemary croutons & parmesan dressing  
WITH CHICKEN 15.00

- Szechuan Shoestring Fries** ..... 9.50 (v)  
chinese mustard
- Hummus**..... 10.00 (v)  
grilled pita, cucumbers & olive oil
- Steamed Edamame** ..... 6.50 (v)  
sea salt
- Roasted Poblano Enchiladas**..... 13.50 (v)  
corn, portobello, oaxaca, salsa rojo, pickled onion,  
queso fresco
- Crispy Brussels Sprouts** ..... 11.00 (v)  
roasted garlic yogurt & coriander dressing
- Spinach Ravioli**..... 13.50 (v)  
toasted pine nuts, parmesan, tomatoes & basil

- Steamed Broccoli** ..... 5.00 (v)  
sweet soy
- Wasabi Mashed Potatoes** ..... 6.50 (v)  
scallions
- French Fries** ..... 4.00 (v)
- Steamed Jasmine Rice** ..... 3.50 (v)  
sweet soy

- Grilled Thai Chicken Skewers** ..... 13.00  
peanut sauce & jasmine rice
- Beer Battered Shrimp & Calamari**..... 12.50  
saffron aioli
- Thai Chicken Lettuce Wraps**..... 14.00  
bibb lettuce & spicy peanut dipping sauce
- Tuna Tartare Potato Skins\***..... 13.00  
lemon, scallion cream & micro greens
- BBQ Chicken Quesadilla** ..... 11.00  
avocado sour cream
- Crab Tostones** ..... 13.00  
lump crab salad, red onion, red finger chili,  
avocado, crispy plantain
- Buffalo Chicken Meatballs**..... 9.00  
blue cheese crema & micro celery
- Korean Pork Tacos**..... 10.00  
spicy korean bbq sauce & pickled cucumber
- French Onion Soup Dumplings** ..... 11.00  
baked with gruyère cheese
- Baja Fish Tacos**..... 13.00  
blackened fish, creamy slaw, chipotle ranch aioli

- BBQ Salmon\***..... 22.00  
north atlantic salmon, bbq spices & edamame succotash
- Chicken & Waffles** ..... 17.00  
buttermilk fried chicken, white cheddar waffles, applewood  
smoked bacon gravy
- Chilean Sea Bass** ..... 29.00  
miso marinated, chinese broccoli & sweet mash
- Chicken Tikka Masala** ..... 14.00  
punjab-style chicken curry, cucumber raita, almond  
& raisin basmati
- Pad Thai** ..... 19.00  
jumbo lump crab, egg, tofu, scallions,  
rice vermicelli & peanuts
- Teriyaki Filet Mignon\*** ..... 29.00  
wasabi mashed potatoes & bok choy
- Sliders** 3 PACK 15.00 / 6 PACK 29.00  
Mini La Frieda burger, bibb lettuce, swiss, russian dressing,  
mustard pickles, caramelized onions, homemade brioche
- Rad Na** ..... 14.00  
chow fun noodles, peanuts, chicken, over crisp romaine
- Lobster Mac n' Cheese** ..... 19.00  
orzo, fontina, gruyère & parmesan bread crumbs
- Cheesesteak Eggroll** ..... 15.00  
bell peppers, mushrooms, onions, sriracha ketchup
- Crab Cakes**..... 22.00  
lump crab, red pepper aioli, french fries
- Seared Tuna\***..... 20.00  
sesame crusted (served rare) with mushroom risotto

**CONNECT WITH US!**

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\*Consuming raw or undercooked meats, poultry, seafood, shellfish,  
or eggs may increase your risk of foodborne illness. 03.20.19