

THE  
CONTINENTAL

SPRING  
FOOD



SOUTH MEADOW LANE.  
PRESTON. LANCASHIRE. PR1 8JP.

## STARTERS

### SOUP OF THE DAY <sup>(GFA)</sup>

Served with toasted bread.

See specials for details.  
May contain cream.

### CHEESY MALAI CHICKEN TIKKA

Chicken thigh marinated in home-made creamy tikka marinade served on naan bread with mint yoghurt & onion relish.

£9.50   

### OLIVES <sup>(V)</sup><sup>(GF)</sup>

In home-made marinade.

£4.95

### MEZZE PLATTER <sup>(V)</sup>

Hummus, tzatziki, gherkins, olive oil, feta cheese, mixed olives, side salad & pitta bread.

£9.95   

### HOME-MADE HUMMUS TOPPED WITH WARM PEPPERONI <sup>(VVA)</sup>

Served with warm pitta.

£5.95  

### SHREDDED MUSHROOM TACOS <sup>(V)</sup><sup>(VVA)</sup>

Crispy oyster mushrooms toasted in hoisin sauce, pickle, cucumber & onion with sour cream.

£7.95   

Add guacamole £1.50

### BEEF TACOS

Slow cooked shredded chipotle brisket served with salsa, onion, sour cream & chipotle crema.

£8.95  

Add guacamole £1.50

### PAN SEARED CALAMARI, PRAWN & CHORIZO <sup>(GFA)</sup>

Calamari, prawns & smoky chorizo, lightly sautéed in garlic with a touch of tomato sauce, finished with a hint of lemon & toasted sour dough.

£8.95  

### HOME-MADE LAMB KEBABS

Lamb shoulder marinated in home-made Mediterranean spice, served with tzatziki & sumac onion.

£8.95 

### SMOKED SALMON ON TOAST

Atlantic smoked salmon served on sourdough with lemon, dill cream cheese, micro dill & capers.

£8.50   

## MAINS

### 28 DAY AGED 8oz SIRLOIN STEAK <sup>(GF)</sup>

Prime 8oz steak served with thick cut chips, portobello mushroom, cherry vine tomato, peppercorn sauce & side salad.

£25.50    

### SAUSAGE & MASH

Grilled Cumberland sausage served with creamy mash, redcurrants, port & sage gravy, seasonal vegetables & crispy onions.

£16.95    

### TROUT SUPREME <sup>(GF)</sup>

Pan seared trout supreme served with herb new potatoes, charred broccolini, caper beurre blanc & radish salad.

£20.50  

### BRAISED LAMB SHANK <sup>(GF)</sup>

Slow cooked lamb shank served with creamy mash, roasted vegetables, cherry vine tomatoes & red wine rosemary demi-glace.

£21.50   

### IN HOUSE BEER BATTERED FISH & CHIPS

Served with mushy peas, tartare sauce, lemon & thick cut chips.

£17.95    

### SOY GLAZED TOFU RICE BOWL <sup>(VV)</sup><sup>(GF)</sup>

Soy glazed tofu served with basmati rice, baby corn, bell peppers, onion, sugar snap peas & side salad topped with sesame ginger sauce.

£16.95  

### CLASSIC TIKKA CURRY <sup>(GFA)</sup>

British classic home-made tikka curry served with basmati rice, onion relish & lemon.

With chicken £16.95  

With paneer £16.95 

Add naan bread £1.95 

### WILD MUSHROOM & SPINACH RISOTTO <sup>(V)</sup>

Creamy arborio rice with wild mushrooms & baby spinach finished with Parmesan & butter topped with herb pesto.

£17.95  

### FRENCH TRIMMED CHICKEN RAGU

French trimmed chicken served with smokey nduja & cannelloni bean ragu with charred Tenderstem & herb pesto.

£17.95  

### PIE OF THE DAY

See special menu.

### SUNDAY ROAST

(Available on Sunday only)

Served with home-made Yorkshire pudding & all the trimmings, see specials for your choice of meats, vegetarian & vegan options.

## BURGERS

### COWBOY DOUBLE CHEESEBURGER <sup>(GFA)</sup>

Grilled beef patties served with cheddar cheese, smoked bacon, baby gem, sliced tomato, pickles on toasted brioche bun with skin on fries & cowboy dip.

£16.95    

### BUTTERMILK CHICKEN BURGER <sup>(GFA)</sup>

Tender chicken marinated in buttermilk fried to a golden crunch, served with baby gem, sliced tomato, dill pickle with a zesty sauce on toasted brioche bun with skin on fries.

£17.95    

### PLANT BASED BURGER <sup>(V)</sup><sup>(VVA)</sup>

Grilled plant-based patty served with cheddar cheese, baby gem, sliced tomato & pickles on toasted brioche bun with skin on fries & chipotle mayo.

£16.95    

## SALADS

### CAESAR SALAD <sup>(GFA)</sup>

Baby gem lettuce, cherry tomato, Parmesan cheese, herb croutons, anchovies & Caesar dressing.

£10.95    

### AVOCADO POKE BOWL <sup>(VA)</sup><sup>(VVA)</sup>

Creamy avocado, diced cucumber, edamame, radish, pickled ginger, sesame & soy dressing topped with sesame seeds & spring onion with rice crackers.

£10.95   

### BUDDHA BOWL <sup>(V)</sup><sup>(VV)</sup>

Quinoa, kale, roasted chickpeas, roasted beetroot, carrots, cherry tomato, avocado with a Tahini lemon dressing.

£12.95  

Add any of these to your salad: Grilled chicken £5.95 | Crispy chicken £5.95 | Tuna steak £7.95 | Tofu £5.50

## GRAZING BOARDS

### CHEESE BOARD

A selection of locally sourced cheese from The Crafty Cheese Man served with cranberry chutney, grapes, celery, honey butter, crackers & sourdough bread.

£13.95    

Enjoy with a glass of Quinta De La Rosa vintage port (75ml) £6.50

### MEAT BOARD

A selection of sliced artisan cured meats served with mustard vinaigrette, gherkins, toasted walnuts & sourdough bread.

£13.95   

### CHARCUTERIE PLATTER

(Starter for 2 or main for 1 person)

A selection of locally sourced cheese from The Crafty Cheeseman, sliced artisan cured meats with gherkins, cranberry chutney, mustard vinaigrette, grapes, celery & smoked butter with crackers & sourdough bread.

£23.50    

## SANDWICHES

SANDWICHES SERVED TUESDAY-SATURDAY LUNCHTIME ONLY UNTIL 2:30.

ALL SANDWICHES SERVED WITH SKIN ON FRIES.

ADD SOUP FOR £3.00

### TANDOORI CHICKEN <sup>(GFA)</sup>

Overnight marinated grilled tandoori chicken, mango chutney, onion relish, cheddar cheese on ciabatta.

£10.95  

### CBLT <sup>(GFA)</sup>

Grilled chicken, lettuce, smoked bacon, tomato, chipotle mayo on ciabatta.

£10.95  

### GRILLED CHEESE

Grilled sourdough with mozzarella & cheddar cheese, chorizo & roasted pepper.

£11.95  

### STEAK AND CHEESE SANDWICH <sup>(GFA)</sup>

4oz sirloin steak served with cheddar cheese, garlic aioli, rocket, mushroom & caramelised onion on sourdough.

£12.95   

### AVOCADO TOAST <sup>(V)</sup><sup>(VVA)</sup>

Toasted sourdough with guacamole, marinated peppers & lime.

£9.95 

### MUSHROOM & SPINACH MELT <sup>(V)</sup><sup>(GFA)</sup>

Toasted sourdough, mozzarella & cheddar cheese with rocket.

£10.95  

### PASTRAMI SANDWICH

Toasted brioche bread, pastrami beef, dill pickle, mustard sauce & cheddar cheese.

£10.50   

### BUFFELO CHICKEN SANDWICH <sup>(GFA)</sup>

Crispy buttermilk fried chicken on toasted ciabatta, lettuce, tomato & buffalo sauce.

£10.95   

WIFI  
Real Ale 25  
SOUTH MEADOWS  
LANE  
PRI 8 JP

# DESSERTS

## VANILLA CRÈME BRULEE (V)(GF)

Served with berries & homemade Pistachio ice-cream.

£8.95   

## CHERRY, BERRY SUNDAE (V)(GFA)

Cherry, strawberry & vanilla ice cream with whipped cream & waffle cone.

£7.95    

## WALNUT BROWNIE (V)(N)

Served with vanilla ice-cream.

£7.95    

## SAN SEBASTIAN BASQUE BURNT CHEESECAKE

Served with chocolate sauce & whipped cream.

£7.95   

## VEGAN CHOCOLATE AVOCADO CHEESECAKE

Served with berries.

£7.95 

## CHEESE BOARD

A selection of locally sourced cheese from The Crafty Cheese Man served with cranberry chutney, grapes, celery, honey butter, crackers & sourdough bread.

£13.95    

Enjoy with a glass of Quinta De La Rosa vintage port (75ml) **£6.50**

# SIDES

## TRIPLE COOKED CHIPS (VV)(GF)

£4.50

## TRUFFLE & PARMESAN TRIPLE COOKED CHIPS (V)(GF)

 £6.00

## SKIN ON FRIES (VV)(GF)

£3.95

## TRUFFLE & PARMESAN SKIN ON FRIES (V)(GF)

 £5.00

## LOADED FRIES (V)(VVA)(GF)

Salsa, sour cream, guacamole, chipotle mayo, spring onion & jalapenos.

£6.95  

## LOADED NACHOS (V)(VVA)

Salsa, sour cream, guacamole, chipotle mayo, spring onion & jalapenos.

£6.95  

## CREAMY MASH (V)

 £4.50

## PEPPERCORN SAUCE (GF)

   £3.95

## BRAISED RED CABBAGE (VV)(GF)

 £3.50

## SEASONAL VEGETABLES (VVA)(GF)

£4.50

## NEW POTATOES (V)(GF)(VVA) £4.50

- (V) VEGETARIAN  
(VV) VEGAN  
(GF) GLUTEN FREE  
(VVA) VEGAN OPTION AVAILABLE

- (GFA) GLUTEN FREE OPTION AVAILABLE  
(N) CONTAINS NUTS

**FOOD ALLERGIES AND INTOLERANCES:** Please be advised that due to the risk of cross contamination, we cannot be sure that our food is free from all allergens, including celery, gluten, crustaceans, eggs, fish, lupin, milk, molluscs, nuts, mustard, peanuts, sesame, soya & sulphur dioxide. Please speak to our staff about the ingredients in your meal when making your order. Thank You.

- |  |  |   |   |
|--|--|---|---|
|  CELERY      |  FISH   |  MUSTARD |  SULPHUR DIOXIDE |
|  CRUSTACEANS |  GLUTEN |  NUTS    |  SOYABEANS       |
|  EGG         |  MILK   |  SESAME  |   |

# CONTI SUNDAY LUNCH

**(SUNDAY ONLY)**

Our roasts change weekly and are served with all the trimmings - buttery mash, roast potatoes, a selection of seasonal vegetables topped with a light & fluffy Yorkshire pudding and bone gravy.

Vegetarian and vegan options available

See specials menu

EVENT  
**THE BOATYARD**  
SPACE



Scan the QR code and have a look at our upcoming events.