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Full Menu PDF

Cold Breakfast Selection

The Continental

Fresh Cut Fruit, Yogurt, Choice of Muffin, Croissant, Bagel or Danish, served with Butter, Jam & Cream Cheese

Breakfast Pastry Tray

A Selection of Assorted Breakfast Pastries including Cheese & Fruit Danish, Muffins and Croissants, served with Butter & Jam

Yogurt, Granola & Fruit Tray

Mixed Berries served with Artisan Granola & Yogurt

Cold Cereal Breakfast Box

Cold Cereal, Milk, Yogurt, Fresh Fruit & Breakfast Pastry with Jam & Butter

Smoked Salmon Tray

Local Smoked Atlantic Salmon served with Capers, Lemon, Red Onion, Cream Cheese, Hard Boiled Egg & Bagel

Bagel Tray

Assorted Fresh Bagels served with Cream Cheese, Butter and Jam

Hot Breakfast Selection

Add The Continental and Sides to any of the Hot Items Below

Fresh Omelets & Eggs

Three Egg Omelet served with Filling of Choice. Eggs Prepared Scrambled or Sunny Side Up. Egg White & Egg Substitutes Available

Breakfast Burrito

Freshly Prepared Scrambled Free Range Eggs, Sausage or Bacon, Shredded Cheddar and Seasoned Potatoes, served with Fresh Salsa & Sour Cream

Steel Cut Oats

Steel Cut Oats Prepared with Dried Fruit & Sunflower Seeds. Vegan option available.

Brioche French Toast

Thick Slices of Challah Bread Hand Dipped in Egg, Light Cream, Vanilla & Cinnamon, served with Maine Maple Syrup & Butter

Steak & Eggs

Tenderloin Filet served with Eggs, prepared Scrambled or Sunny Side Up with Choice of Hash Browns or Roasted Baby Potatoes

Buttermilk Pancakes

Served with Butter & Maine Maple Syrup

Breakfast Sides

Pork Sausage
Chicken Sausage
Thick Sliced Bacon
Canadian Bacon
Beef Tenderloin
Thick Sliced Ham
Plant Based Sausage
Steak & Eggs
Hash Browns
White or Wheat Toast
Fresh Cut Fruit Bowl

Sandwich Selections

?All Sandwiches accompanied by Lettuce, Tomato, Pickle and Appropriate Condiments unless otherwise indicated. All Salads, Sandwiches & Wraps can be ordered as a Box Lunch.

Sandwich & Wrap Fillings

Roast Beef, Black Forest Ham, Roasted Turkey Breast, Sliced Grilled Chicken, Sliced Grilled Tenderloin, Lobster, Smoked Salmon, Cheddar, Swiss, American, Provolone

Sandwich Breads

Sliced Wheat, White & Multigrain, Ciabatta, Baguette, Croissant & Artisan Multigrain Roll

Classic Sandwiches & Wraps

Maine Lobster Roll

Maine Lobster Claw & Knuckle Meat Tossed Lightly in Mayonnaise and served on a Brioche Roll with Leaf Lettuce

Traditional Club Sandwich

Served with choice of Ham, Turkey, Roast Beef, Sliced Chicken Breast, Beef Tenderloin or Lobster with Bacon, Lettuce & Tomato on Toasted Bread

Chicken Caesar Wrap

Sliced Grilled Chicken Breast, Hand Torn Romaine, Shaved Parmesan and Caesar Dressing

Roasted Vegetable & Hummus Wrap

Roasted Vegetables, Hummus, Feta Cheese, Pepperoncini, Baby Greens, Tomato & Cucumber

Burgers

Beef, Chicken, Turkey or Plant Based Options served on Brioche Bun

Salad Selections

?All Salads accompanied by Roll & Butter unless otherwise indicated. All Salads, Sandwiches & Wraps can be ordered as a Box Lunch.

Caesar Salad

Hand Torn Romaine Lettuce, Shaved Parmesan, Mixed Olives and Lemon Wedges, served with Croutons & Caesar Dressing

Greek Salad

Hand Torn Romaine Lettuce, Mixed Olives, Feta Cheese, Pepperoncini, Marinated Artichoke Hearts, Cucumbers and Grape Tomatoes, served with Greek Dressing & Pita Wedges

Cobb Salad

A bed of Mixed Greens with Avocado, Cheddar Cheese, Crumbled Bacon, Hard Boiled Egg, Cucumber, Tomato & Sliced Grilled Chicken Breast

Garden Salad

Mixed Baby Greens with Cucumber, Tomato, Bell Pepper, Micro Greens and Dressing of Choice

Box Lunch

All Salads, Sandwiches & Wraps can be ordered as a Box Lunch.

Standard Box Lunch

Includes Individual Bag of Chips and a Cookie or Brownie

Deluxe Box Lunch

Includes Side Savory Salad or Garden Salad, Cake, Chips & Cheese Portion

Appetizers

Signature Seafood Tray

Fresh Maine Lobster, Jumbo Shrimp, Local Smoked Atlantic Salmon and Lump Crab Meat served with Lemon, Cocktail Sauce & Remoulade

Cold & Hot Canapes

An Assortment of Hot or Cold Canapes prepared with Local & Seasonal Ingredients

Imported & Domestic Cheese Tray

A Selection of Imported & Domestic Cheese served with Artisanal Crackers or Crostini

Fresh Sliced Fruit Tray

A Selection of Fresh Citrus, Berries, Melons and other Seasonal Fruits with Dipping Sauce

Fresh Fruit Basket

Apple Variety, Banana, Pear, Red or Green Grapes, Kiwi, Orange, Grapefruit, other fruits in season

Fresh Fruit Basket

Apple Variety, Banana, Pear, Red or Green Grapes, Kiwi, Orange, Grapefruit, other fruits in season

Boneless Chicken Tenders or Wings

Boneless Chicken Tenders or Wings Grilled or Hand Battered and Fried, served with a variety of Dipping Sauces

Shrimp Cocktail

Jumbo Shrimp served with Cocktail Sauce & Lemon Wedges

Mediterranean Mezza Platter

Olives, Feta Cheese, Marinated Artichokes, Cucumbers, Tabbouleh, Tomatoes & Pita Bread served with Hummus & Olive Oil

Chicken or Beef Satay

Marinated Chicken Breast or Beef Tenderloin served with Peanut Dipping Sauce

Soups & Chowders

New England Style Clam Chowder

Lobster Bisque

Tomato Basil Soup

Minestrone

New England Corn Chowder

Desserts

Ask us about our Current Seasonal Dessert Offerings including Cakes, Pies, Cookies, Brownies & More!

Center of Plate Selections

When ordering Complete Entrees, you may request a Tray Set Up that includes Side Salad, Dessert, Roll & Butter

Chicken Breast

Grilled, Pan Seared or Oven Roasted Chicken Breast served with Sauce

Beef Tenderloin

Grilled or Pan Seared Beef Tenderloin served with Sauce

Pork Tenderloin

Pan Seared and Oven Finished Pork Tenderloin served with Sauce

Traditional Maine Lobster

Maine Lobster Steamed and served in or out of the Shell

Atlantic Salmon

Grilled, Pan Seared or Roasted, served with Sauce

Atlantic Haddock

Fresh Atlantic Haddock Broiled with Butter, Bread Crumbs optional

Baked Stuffed Haddock

Fresh Atlantic Haddock Baked with Butter Crackers and Crab Stuffing

Sea Bass

Grilled or Pan Seared and Oven Finished

Vegetables

Steamed or Grilled Broccolini

Steamed or Grilled Asparagus

Grilled Mixed Fresh Seasonal Vegetables

Steamed or Sauteed Haricot Vert

Roasted or Steamed Carrots

Sauteed Spinach

Potatoes, Rice & Grains

Baby or Fingerling Potatoes served Steamed or Roasted

Mashed Potato or Sweet Potato

Baked or Twice Baked Potato or Sweet Potato

Brown, Basmati, Jasmine or Wild Rice Pilaf

Quinoa

Couscous

Pasta

Penne
Rigatoni
Cavatappi
Linguini
Manicotti
Ravioli
Tortellini
Lasagna

Sauces

Tomato Basil
Pesto
Arrabbiata
Alfredo
Bolognese