



visit us on the web: [continental-restaurant.net](http://continental-restaurant.net)



Our kitchen will do its best to accommodate your special requests at a small additional charge.

# GRIDDLE GREATS

Served with butter and warm syrup.

## BELGIAN WAFFLES

### WARM CINNAMON APPLE WAFFLE

A Belgian waffle topped with warm  
cinnamon apple topping - 11

### FRUIT WAFFLE

Our Belgian waffle topped with your choice of  
strawberries, blueberries, cherries or bananas - 11

### BELGIAN WAFFLE

Hot from the griddle! - 9

### PECAN WAFFLE

Topped with crushed pecans - 11

### WAFFLE ALASKA

Our golden Belgian waffle topped with vanilla ice cream,  
strawberries and a cloud of whipped cream - 14



## CREPES

### FRUIT FILLED CREPES

Strawberry, blueberry or cherry - 11

### PLAIN CREPES .9

### STRAWBERRY & SOUR CREAM CREPES - 13



## PANCAKES

### PIGS-IN-A-BLANKET

Our homemade sausage rolled in three  
light, fluffy buttermilk pancakes.

Dusted with powdered sugar - 12

### FRUIT PANCAKES

Your choice of strawberry, blueberry, cherry  
or banana pancakes - 11

### WARM CINNAMON APPLE PANCAKES - 11

### PECAN PANCAKES - 11

### 4 BUTTERMILK PANCAKES

Four fluffy buttermilk pancakes topped  
with butter and served with warm syrup - 9

### 4 HOMEMADE POTATO PANCAKES - 12

### SILVER DOLLAR PANCAKES

FIVE - 7 TEN - 9 FIFTEEN - 11

### CHEESE BLINTZES (Plain) - 13

These ultra thin pancakes are rolled with ricotta cheese  
and topped with your choice of strawberries, blueberries,  
cherries or warm cinnamon apples - 15



## FRENCH TOAST

### FRENCH TOAST

Your choice of extra thick or thin French toast - 10

### CINNAMON RAISIN FRENCH TOAST

Sprinkled with cinnamon and sugar - 10

### EGG WHITE FRENCH TOAST

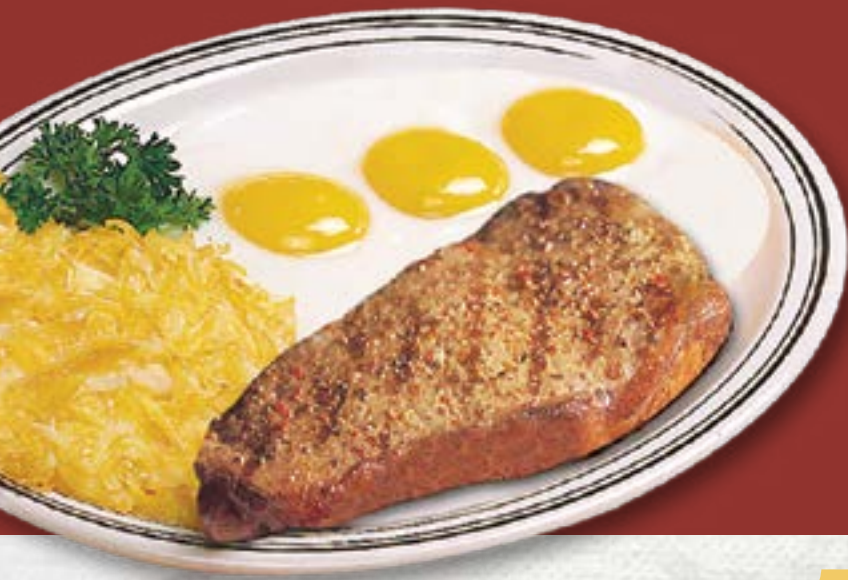
Three slices of whole wheat bread dipped  
in our egg white batter - 11

WITH TURKEY BACON - 15

### FRUIT FRENCH TOAST

Our delicious French toast smothered with your  
choice of strawberries, blueberries or cherries - 12





# STEAK-IT\*

Egg orders are served with hash browns and your choice of two buttermilk pancakes or toast.

**NEW YORK STRIP  
& 3 EGGS - 26**

**SKIRT STEAK & 3 EGGS - 26**

**CHOPPED SIRLOIN  
& 3 EGGS - 20**

**PORK CHOP & 3 EGGS - 19**

You may substitute  
cottage cheese  
for potato + 3

## EGGS BENEDICT\*

### EGGS FLORENTINE

A split English muffin topped with spinach,  
two poached eggs and hollandaise sauce - 15

**EGGS BENEDICT - 15**

### LAS VEGAS BENEDICT

With Canadian bacon, crabmeat, poached eggs  
and hollandaise - 15

### PORTABELLA BENEDICT

Grilled portabella mushrooms, poached eggs  
and hollandaise sauce - 15



### FOR A HEALTHIER CHOICE:

You may substitute turkey links or turkey  
bacon for bacon strips or sausage links

## THE CONTINENTAL TWOsome

Two eggs\* served any style with two sausage links,  
two strips of bacon, two pancakes or two French toast  
wedges and a small juice - 14  
WITH COFFEE OR TEA + 1.00



## FRESH EGGS\*

All of our egg orders are served with hash browns  
and your choice of two buttermilk pancakes or toast.

**TWO EGGS & CORNED  
BEEF HASH - 14**

**TWO SCRAMBLED EGGS  
WITH LOX & ONIONS - 14**

**TWO EGGS - 9**

With bacon, sausage links, sausage patties, baked  
ham-off-the-bone or Canadian bacon - 13

**WE PROUDLY SERVE FREE RANGE EGGS**

\*The Illinois Department of Public Health advises that eating raw or undercooked meat, poultry, eggs or seafood poses a health risk to everyone, but especially to the elderly, children under the age of four, pregnant women and other highly susceptible individuals with compromised immune systems. Thorough cooking of animal food reduces the risk of illness. For further information contact your physician or public health department.



# 3-EGG OMELETTES

Our omelettes are served with hash browns and your choice of two buttermilk pancakes or toast.  
YOU MAY SUBSTITUTE EGG WHITES OR EGG BEATERS + 2

## VEGETARIAN OMELETTE

Fresh spinach, onions, peppers, mushrooms and tomatoes - 15

## LOX & ONIONS OMELETTE

Served with a bagel - 16

## FLORENTINE OMELETTE

Spinach, mushrooms, bacon and cheddar cheese - 16

## MEDITERRANEAN SUNRISE OMELETTE

Filled with feta cheese, tomatoes and onions - 16

## SALAMI OMELETTE - 16

## DENVER OMELETTE

This light, fluffy omelette is filled with fresh chopped green peppers, minced onion and plenty of ham - 15

## SPINACH OMELETTE

Made with fresh chopped spinach for classic taste and goodness - 15

## ASPARAGUS OMELETTE - 15

## BROCCOLI OMELETTE

Made with fresh broccoli - 15

## MUSHROOM OMELETTE

We use only fresh grilled mushrooms for the best flavor - 15

## HAM OMELETTE - 15

With cheese - 16

## BACON OMELETTE - 15

With cheese - 16

## SAUSAGE OMELETTE - 15

With cheese - 16

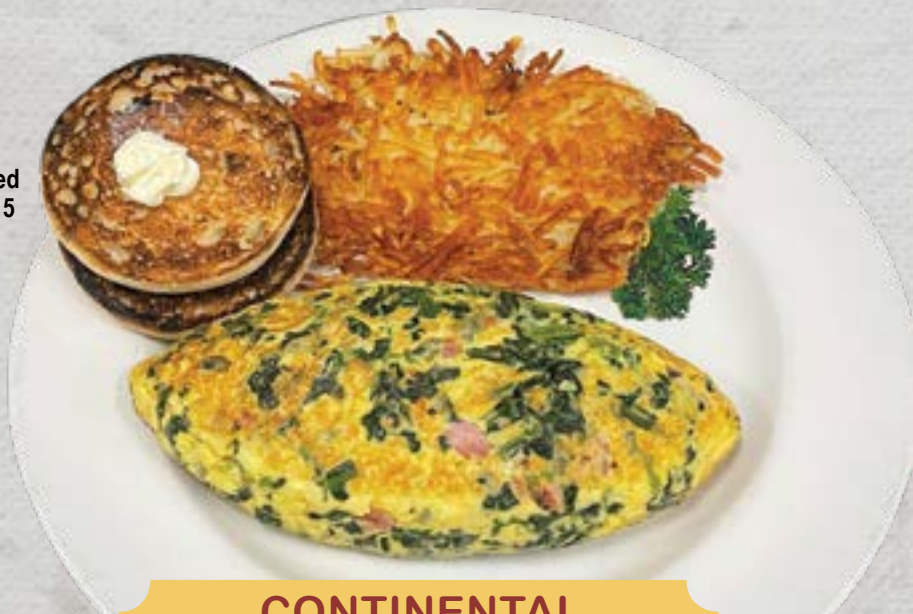
## PLAIN OMELETTE

Plain and simply scrumptious - 12

With cheese - 13

## CHORIZO OMELETTE

With jalapeño peppers, tomatoes, onions and avocado, topped with Chihuahua cheese - 16



## CONTINENTAL OMELETTE

Ham, onions, peppers, mushrooms, tomatoes, asparagus and cheese - 16

# BREAKFAST DE-LITES

## CONTINENTAL TASTY PROTEIN BREAKFAST

Four scrambled egg whites and an 8 oz. broiled ground turkey patty. Served with sliced tomatoes and orange juice - 16

*520 calories, 29g carbs, 59g protein, 5g saturated fat, 583 mg sodium • 11 points*

## LOW-FAT FITNESS OMELETTE

Egg whites loaded with fresh mushrooms, broccoli and diced tomatoes. Served with sliced tomatoes, dry wheat toast and orange juice - 16

*505 calories, 78g carbs, 1g saturated fat, 299 mg sodium • 10 points*

*Omelette only: 152 calories, 6g carbs, 1g saturated fat, 299 mg sodium • 3 points*

## SMOKED HAM-OFF-THE-BONE AND EGG WHITES

Served with sliced tomatoes and orange juice - 16

*422 calories, 28g carbs, 5g saturated fat, 622 mg sodium • 9 points*

## CHICKEN, CHEDDAR AND BROCCOLI EGG WHITE OMELETTE

Served with sliced tomatoes, dry wheat toast and orange juice - 16

*571 calories, 59g carbs, 6g saturated fat, 838 mg sodium • 12 points*

## LITE & LIVELY

A bowl of oatmeal served with fresh fruit, whole wheat toast and a small glass of skim milk - 11



# HOUSE SKILLET

*Our skillets are topped with your choice of cheese (except vegetarian skillet) and two eggs\*. Includes choice of buttermilk pancakes or toast.*

## PORTABELLA MUSHROOM SKILLET

Fresh sliced portabella mushrooms, onions, crisp bacon and asparagus - 15

## THE ORIGINAL SKILLET

Ham, onions, mushrooms and hash browns - 15

## VEGETARIAN SKILLET

Broccoli, asparagus, tomatoes, mushrooms, peppers and onions - 14

**ADD CHEESE + 1**

## SOUTH OF THE BORDER SKILLET

Link sausage, jalapeño peppers, tomatoes and hash browns - 15



## CORNERED BEEF HASH SKILLET

Corned beef hash with onions, peppers, tomatoes and hash browns - 15

## CHORIZO SKILLET

With jalapeño peppers, tomatoes, onions and avocado, topped with Chihuahua cheese and two eggs - 16

## SKIRT STEAK SKILLET

Skirt steak with mushrooms, onions, tomatoes, hash browns and mozzarella cheese - 21

## POPEYE SKILLET

Crisp bacon, tomatoes, spinach and hash browns - 15

# HEALTHY STARTS

## LOX PLATTER

With three bagels, cream cheese and olives - 29

## LOX & CREAM CHEESE

Served on two toasted bagels - 22

## HAWAIIAN DELIGHT

A half pineapple filled with a variety of fresh fruit, served with cottage cheese and raisin toast - 15

## HEALTH CLUB COMBO

Two Egg Beaters™ served with fresh fruit and a toasted bagel - 12



# BREAKFAST SPECIALS

## FRIED MATZO

Thin and crispy, plain or onion matzo - 10

**WITH SALAMI - 14**

**WITH LOX - 15**

## HOPPLE POPPLE

Better known as the scrambler! Scrambled eggs mixed with sautéed green peppers, onions, chunks of potatoes and salami. Served with toast - 15

## POPEYE BREAKFAST WRAP

Scrambled eggs in a spinach wrap with bacon, tomatoes, spinach and melted cheddar cheese - 13

## THE ORIGINAL BREAKFAST WRAP

Scrambled eggs in a tomato wrap filled with onions, peppers, mushrooms and melted cheddar cheese - 13

## ATHENIAN GYROS & EGGS\*

Two eggs made to order served with gyro meat, hash browns and Greek toast - 14

## CINNAMON ROLL FRENCH TOAST

A glazed cinnamon roll sliced and dipped in our French toast batter. Served with cinnamon spread - 9

**WITH BACON OR SAUSAGE - 13**

## SOUTHWESTERN BREAKFAST WRAP

Scrambled eggs in a tomato wrap stuffed with sausage links, jalapeño peppers, tomatoes and mozzarella cheese - 13



# BEVERAGES

SOFT DRINKS Unlimited refills

ICED TEA Unlimited refills

PINK LEMONADE Unlimited refills

GRADE A  
WHOLE MILK

CHOCOLATE  
MILK

HOT  
CHOCOLATE



# COFFEE & TEA

REGULAR OR DECAF COFFEE

REGULAR OR DECAF TEA



## BREAKFAST SIDES

BACON, SAUSAGE  
LINKS OR PATTIES - 5

BAKED HAM  
OFF-THE-BONE - 5

CANADIAN BACON - 5

HASH BROWNS - 4

CORNED  
BEEF HASH - 6

ONE EGG - 3

HOMEMADE  
PECAN ROLL - 5

ENGLISH MUFFIN  
OR TOAST - 3

ONION OR PLAIN  
BAGEL - 3

With cream cheese - 4

LOADED BAGEL

Topped with cream cheese, onion,  
tomato and cucumber - 7

BOWL OF  
OATMEAL - 7

## FRUITS & JUICES

FRESH FRUIT IN SEASON - 7

COTTAGE CHEESE - 7

With peaches - 9

FRESH ORANGE JUICE - 5

APPLE, GRAPEFRUIT  
OR TOMATO JUICE - 4

