

THE CONTINENTAL

QUALITY IS OUR MAIN INGREDIENT!



BREAKFAST · LUNCH · DINNER

RESTAURANT & BANQUET HALL

visit us on the web:
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.

BELGIUM WAFFLES

Warm Cinnamon Apple Waffle

A Belgium waffle topped with warm cinnamon apple topping - 8.49

Fruit Waffle

Our Belgium waffle topped with your choice of strawberries, blueberries, cherries or bananas - 8.49

Belgium Waffle

Hot from the griddle! - 7.49

Pecan Waffle

Topped with crushed pecans - 8.49

Waffle Alaska

Our golden Belgium waffle topped with vanilla ice cream, strawberries and a cloud of whipped cream - 10.99

CREPES

Fruit Filled Crepes

Strawberry, blueberry or cherry - 8.49

Plain Crepes - 7.49

Strawberry & Sour Cream Crepes - 8.99

PANCAKES

Pigs-in-a-Blanket

Our homemade sausage rolled in three light, fluffy buttermilk pancakes. Dusted with powdered sugar - 8.99

Fruit Pancakes

Your choice of strawberry, blueberry, cherry or banana pancakes - 8.49

Warm Cinnamon Apple Pancakes - 8.49

Pecan Pancakes - 8.49

4 Buttermilk Pancakes

Four fluffy buttermilk pancakes topped with butter and served with warm syrup - 7.49

4 Homemade Potato Pancakes - 8.99

Silver Dollar Pancakes

Five - 5.49 Ten - 7.49 Fifteen - 8.99



Cheese Blintzes (Plain) - 8.99

These ultra thin pancakes are rolled with ricotta cheese and topped with your choice of strawberries, blueberries, cherries or warm cinnamon apples - 9.99

FRENCH TOAST

French Toast

Your choice of extra thick or thin French toast - 7.99

Cinnamon Raisin French Toast

Sprinkled with cinnamon and sugar - 7.99

Egg White French Toast

Three slices of whole wheat bread dipped in our egg white batter - 8.99
With turkey bacon - 10.99

Fruit French Toast

Our delicious French toast smothered with your choice of strawberries, blueberries or cherries - 8.99





Eggs* **BENEDICT**

Eggs Florentine

A split English muffin topped with spinach, two poached eggs and hollandaise sauce - 10.99

Eggs Benedict - 10.99



Las Vegas Benedict

With Canadian bacon, crab meat, poached eggs and hollandaise - 10.99

Portabella Benedict

Grilled portabella mushroom, poached eggs & hollandaise sauce - 10.99

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 - 10.99

With coffee or tea add 1.00



STEAK*IT

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

New York Strip & 3 Eggs - 19.99

Skirt Steak & 3 Eggs - 19.99

Chopped Sirloin & 3 Eggs - 14.99

Pork Chop & 3 Eggs - 12.99

For a Healthier Choice:
You may substitute **turkey links** or **turkey bacon** for bacon strips or sausage links

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 - 10.49

Two Scrambled Eggs with Lox & Onions - 9.99

Two Eggs - 6.49
With bacon, sausage links, sausage patties, baked ham off the bone or Canadian bacon - 9.49

One Egg - 5.49
With bacon, sausage links, sausage patties, baked ham off the bone or Canadian bacon - 8.49

You may substitute cottage cheese for potato - 1.99 extra

*The Illinois Department of Public Health advises that eating raw or under-cooked 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.

Breakfast **DE-LITES**

Egg whites or egg substitutes are available with all breakfasts.

Smoked Ham Off the Bone and Egg Whites

Served with sliced tomatoes and orange juice - 11.99

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

Continental Tasty Protein Breakfast

Four scrambled egg whites and an 8-oz. broiled ground turkey patty.

Served with sliced tomatoes and orange juice - 11.99

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 - 11.99

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

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

Chicken, Cheddar and Broccoli Egg White Omelette

Served with sliced tomatoes, dry wheat toast and orange juice - 11.99

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

Lite & Lively

A bowl of oatmeal served with fresh fruit, whole wheat toast and a small glass of skim milk - 8.49

Continental Omelette

Ham, onions, peppers, mushrooms, tomatoes, asparagus and cheese - 11.99

Vegetarian Omelette

Fresh spinach, onions, peppers, mushrooms and tomatoes - 10.99

3-Egg

OMELETTES

Our omelettes are served with hash browns and your choice of two buttermilk pancakes or toast.

You may substitute cottage cheese for potato - 1.99 extra

Lox & Onions Omelette

Served with a bagel - 11.99

Florentine Omelette

Spinach, mushrooms, bacon and cheddar cheese - 11.49

Mediterranean Sunrise Omelette

Filled with Feta cheese, tomatoes and onions - 10.99

Salami Omelette - 11.49

Denver Omelette

This light, fluffy omelette is filled with fresh chopped green peppers, minced onion and plenty of ham - 10.99

Spinach Omelette

Made with fresh chopped spinach for classic taste and goodness - 9.99

Asparagus Omelette - 9.99

Broccoli Omelette

Made with fresh broccoli - 9.99

Mushroom Omelette

We use only fresh grilled mushrooms for the best flavor - 9.99

Ham Omelette - 9.99

With cheese - 10.99

Bacon Omelette - 9.99

With cheese - 10.99

Sausage Omelette - 9.99

With cheese - 10.99

Plain Omelette

Plain and simply scrumptious - 7.99

With cheese - 8.99

Chorizo Omelette

With jalapeño peppers, tomatoes, onions and avocado, topped with Chihuahua cheese - 11.99

“Our kitchen does not prepare rare steaks and we do not prepare eggs sunny side.”





Lox Platter
 With three bagels, cream cheese
 and olives - 20.99

Lox & Cream Cheese
 Served on two
 toasted bagels - 14.99

Breakfast SPECIALS

Southwestern Breakfast Wrap

Scrambled eggs in a tomato wrap stuffed with Italian sausage, jalapeño peppers, tomatoes and mozzarella cheese - 9.49

Popeye Breakfast Wrap

Scrambled eggs in a spinach wrap with bacon, tomato, spinach and melted cheddar cheese - 9.49

Hopple Popple

Better known as the scrambler!
 Scrambled eggs mixed with sautéed green peppers, onions, chunks of potatoes and salami.
 Served with toast - 10.99

The Original Breakfast Wrap

Scrambled eggs in a tomato wrap filled with onions, peppers, mushrooms and melted cheddar cheese - 9.49

Athenian Gyros & Eggs*

Two eggs made to order served with gyro meat, hash browns and Greek toast - 10.49

Cinnamon Roll French Toast

A glazed cinnamon roll sliced and dipped in our French toast batter. Served with cinnamon spread - 7.49
 With bacon or sausage - 9.49

Fried Matzo

Thin and crispy, plain or onion matzo - 7.99
 With salami - 9.99
 With lox - 10.99

House SKILLETS

Our skilletts 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 - 11.99

The Original Skillet

Ham, onions, mushrooms and hash browns - 10.99

Popeye Skillet

Crisp bacon, tomatoes, spinach and hash browns - 10.99

South of the Border Skillet

Link sausage, jalapeño peppers, tomatoes and hash browns - 10.99

Corned Beef Hash Skillet

Corned beef hash with onions, peppers, tomatoes and hash browns - 10.99

Chorizo Skillet

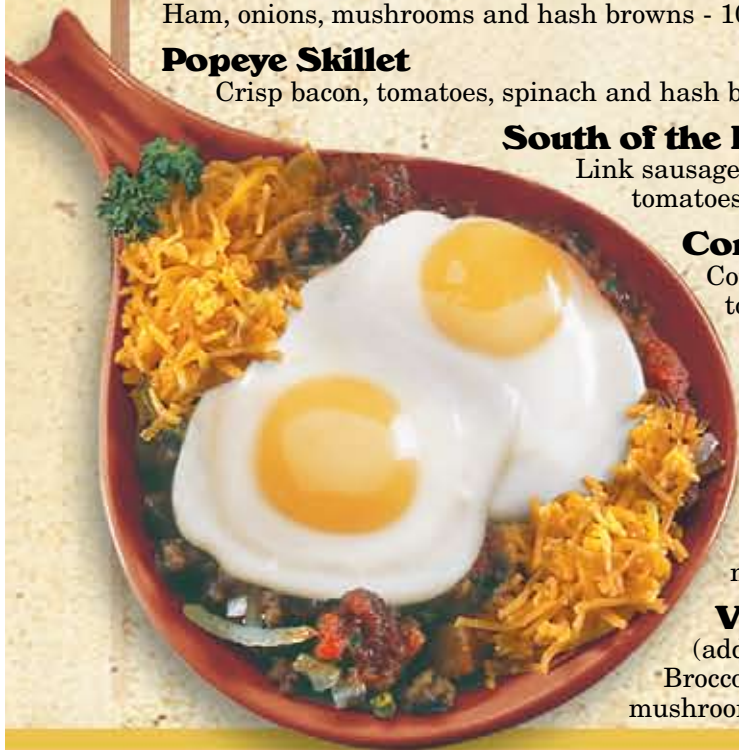
With jalapeño peppers, tomatoes, onions and avocado, topped with Chihuahua cheese and two eggs - 11.99

The Roman Empire Skillet

Italian sausage, onions, green peppers, mushrooms and hash browns - 10.99

Vegetarian Skillet

(add cheese for 1.00 extra)
 Broccoli, asparagus, tomatoes, mushrooms, peppers and onions - 9.99



Healthy **STARTS**

Hawaiian Delight

A half pineapple filled with a variety of fresh fruit, served with cottage cheese and raisin toast - 10.99

Health Club Combo

Two Egg Beaters™ served with fresh fruit and a toasted bagel - 9.49



Breakfast **SIDES**

Bacon, Sausage Links or Patties - 3.99

Baked Ham off the Bone - 3.99

Canadian Bacon - 3.99

Hash Browns - 2.99

Corned Beef Hash - 4.99

One Egg - 1.29

Cereal

We offer a variety of cereals - 3.99

With banana - 4.99

Homemade Pecan Roll - 4.99

English Muffin or Toast - 1.99

Cinnamon or Raisin Toast - 1.99

Onion or Plain Bagel - 1.99

With cream cheese - 2.99

Loaded Bagel

Topped with cream cheese, onion, tomato and cucumber - 4.99

Sliced Tomatoes - 1.99

Bowl of Oatmeal - 4.99

Fruits & **JUICES**

Fresh Fruit In Season - 4.99

Cottage Cheese - 4.99

With peaches - 5.99

Fresh Orange Juice

Regular - 3.49 Large - 3.99

Apple, Grapefruit or Tomato Juice

Regular - 2.79 Large - 3.29



Coffee & **TEA**

Regular or Decaf Coffee - 2.79

Regular or Decaf Tea - 2.79



BEVERAGES

Soft Drinks, Unlimited refills - 2.99

Iced Tea, Unlimited refills - 2.99

Pink Lemonade, Unlimited refills - 2.99

Grade A Whole or Skim Milk - 2.99

Chocolate Milk - 2.99

Hot Chocolate - 2.99