

MENU

Continental

CAFÉ



THE DAILY



Breakfast



finishes at 11:30am

Locally sourced flaky smoked salmon & scrambled egg served with a choice of toast or croissant 9.80

Big breakfast 9.95

2 sausages, 2 rashers of bacon, tomato, scrambled eggs, sautéed mushrooms and 2 slices of toast

Small breakfast 8.30

1 sausage, 1 rasher of bacon, tomato, scrambled eggs, sautéed mushrooms and 1 slice of toast

Breakfast panini 7.20

sausage, bacon, cheese and mushrooms in a sesame and nigella panini

Bacon or Sausage sandwich 5.40

served on granary or white

Scrambled eggs and bacon 7.45

served with granary or white

American style pancake stack 6.65

served with maple syrup and crispy bacon or mixed berries

Smashed Avocado on toast with chilli flakes

served on granary or white toast 5.95 V

Croissant filled with ham and cheese 4.95

Cherry tomatoes and mushrooms 6.95

served with granary or white toast

Belgian waffle with mixed berries & Greek yoghurt 6.95

Traditional French croissant 3.25

with butter & Tiptree preserve

Heinz baked beans on toast 5.60

served on granary or white toast

2 slices of thick white or granary toast 3.30

with a Tiptree preserve

Gluten free toast per slice 1.50

Tiptree preserve, marmite, nutella or peanut butter .95

Add beans, black pudding, hash brown or avocado to your breakfast 1.40/1.55/1.40/1.75

Vegetarian sausages are available. Sausages are gluten free & gluten free bread is available



Tag us on FB @continentalmaldon

Or on Instagram @continental.cafe

Please note some of our products contain fish and chicken.

These products may contain small bones. All allergies must be clearly communicated to your server. A copy of our allergen list is available upon request. Our kitchen uses nuts and nut products.

(Please ask us for our NEW vegan menu if required)

PANINI

Served with salad & homemade coleslaw.

Add fries/twisters to your plate for 1.75 or sweet potatoes for 2.75

Bacon melt 8.30

bacon, English cheddar and tomatoes in sesame and nigella panini

Moroccan vegetable melt 8.30

Mixed roasted vegetables with mozzarella cheese, cheddar cheese in sesame and nigella panini V

Breakfast panini 8.30

sausage, bacon, cheese and mushrooms in sesame and nigella panini

Hog Roast Pork 8.50

with sage & onion stuffing and apple sauce

Tuna melt panini 8.40

with mayonnaise, fresh basil, mozzarella cheese, sun blushed tomatoes

Coronation chicken panini 8.50

Spanish panini 8.50

chicken, chorizo, mozzarella cheese and sun blushed tomatoes

Cheddar cheese panini 6.90

Choose up to three fillings

Mushrooms +1.10

Tomatoes +1.10

Onions +1.10

Ham +1.10

Bacon +1.35

Sausage +1.35

Salads



Add French bread to your salad 1.50

All salads are served with crutons

Continental salad 11.40

Hot goats cheese, cold chicken & cold bacon, sun blushed tomatoes, basil pesto, pine nuts and croutons Add avocado 1.75

Moroccan vegetable

& goats cheese salad 11.65

finished with pesto & pine nuts V

Chicken Caesar 11.95

Caesar salad with chicken & sautéed mushrooms

Avocado salad 10.50

with vine & sunblushed tomatoes and basil V

Prawn and avocado salad 11.85

with marie rose sauce and a sprinkle of paprika

Flaky smoked salmon & prawn salad

with a lemon & dill mayo dressing 12.40

Add avocado 1.75

Tuna salad 9.95

finished with olives and sun blushed tomatoes

Cheese Ploughmans 10.60

Served with selection of cheeses, also chef's special chutney, salad, gherkins & piccalilli, coleslaw served with freshly baked french bread V

Toasted Sandwiches

served with salad & homemade coleslaw

Add fries or twisters to your plate for 1.75 or sweet potatoes for 2.75

All toasted sandwiches are mixed thick white and granary bread - gluten free option available

Honey roast ham with cheddar cheese, and vine tomato 7.95

Sausage with red onion and stilton 8.95

Chicken with French brie, crispy bacon and cranberry sauce 8.60

Goats cheese with caramelised onion V 8.00

Moroccan vegetable, brie & pesto V 7.95

Mozzarella, tomatoes & pesto toastie V 7.85

GRIND

THE BEST COFFEE IN TOWN

V = Suitable for vegetarians

JACKET POTATO

*Served with mixed salad
(let us know if you would like butter)*

Just lots of Anchor butter V 6.55

Extra fillings - from 6.85
cheese, coleslaw or baked beans

Chicken Caesar and crispy bacon 8.95

Finest locally sourced flaky smoked
salmon and cream cheese 9.70

Chicken, bacon, mayonnaise and sun
blushed tomatoes 8.95

Prawns and marie rose sauce with a
sprinkle of paprika 9.90

Tuna mayonnaise and sweet corn 9.30

French brie with sun blushed
tomatoes and pesto V 8.50

Moroccan vegetables
and pine nuts V 8.70

BAGUETTES

*Served with salad, homemade coleslaw
and a choice of fries or twisters*

*Sweet chilli pork baguette with crisp
lettuce, cucumber, red onions and
coriander 9.90*

*Barbecue pulled pork baguette with
homemade coleslaw 9.90*

Chicken mayo baguette 9.90

*Cajun chicken baguette with
mayonnaise and crisp lettuce 9.90*

Add Avocado to any baguette 1.75

SIGNATURE CAKES

By "Cakeface"

All our cakes are homemade using the
best quality ingredients exclusively for you.

Variety of the cakes

change on a daily basis.

Come and try our scrumptious cakes.

We have a lovely cake display by the bar.

All 4.65 per slice

**You can also take away
at 3.45 per slice**

Cakeface



Custom Made Cakes

*We also take custom made orders just order
by messaging us on Facebook
Continental Cafe*

CAKEFACE

Bars & Slices 3.50

Cheesecakes 4.75



"Flavours vary on a daily basis"

PASTRIES & DOUGHS

Fruit Scone and butter 3.35

Fruit Scone, Clotted Cream
& Jam 4.95

"Cakefaces's"

Famous Cheese Scones 3.55
Toasted Tea Cakes 2.70

All jams are Tiptree's Wilkinson's

Danishes, ask waitress for today's flavours

Belgian Waffles with Rossi Ice Cream

+ Maple Syrup 5.85

Gluten Free Options

Carrot Cake 3.70

Elizabeth Cake 3.70

Chocolate Cake 3.70

Chocolate Vegan Cake 3.70

Look out for our specials!



Served on thick cut white, granary or French
bread with salad, homemade coleslaw & crisps.

Add fries / twisters to your plate for 1.75
or sweet potatoes for 2.75

Locally sourced flaky smoked salmon with
cream cheese and cucumber 9.30

Prawn with homemade marie rose sauce
& iceberg lettuce 8.55
add avocado for 1.75

Egg mayonnaise, cress and cherry tomato
7.55 add crispy bacon V 1.40

French brie with tomato and fresh basil V 7.95

American club, chicken, ham, lettuce, tomato,
cucumber, mayo and cheese in three slices of
bread 9.85

Tuna mayonnaise and sweet corn 7.95

Chicken, bacon and avocado with a pesto
mayonnaise 8.55

Roasted chicken breast with cashew
nuts and mayonnaise 8.20

Chicken Caesar, crispy bacon with iceberg
lettuce 8.25

Roast chicken, sage and onion stuffing and
mayonnaise 8.25

Locally sourced smoked salmon & prawn
with mixed leaves and lemon & dill
mayonnaise 9.65

Ham and Cheese Salad 7.75

Mixed salad 3.55

Marinated olives 3.60

French bread 1.50

Homemade coleslaw 2.40
Available to takeaway!

Extras

Bowl of fries 3.95

Bowl of twister fries 3.95

Bowl of sweet potato fries 4.60

Add cheese to any fries for 1.30

FRESH COFFEE

ESPRESSO 2.60

A strong double shot of coffee

MACCHIATO 2.75

Double espresso and foamed milk

CAPPUCCINO 2.75 2.95

A third of each; espresso, steamed milk, foamed milk

AMERICANO 2.45 2.85

Espresso topped with hot water, served with or without milk

BABYCHINO 1.10

CONTINENTAL 3.55

Double espresso, steamed milk, whipped cream & chopped nuts

CAFÉ AU LAIT (Flat white) 2.75 2.95

Espresso and steamed milk, very French

CAFÉ LATTE 2.95

Espresso, steamed milk with a frothy cap

MOCHA 3.20

Espresso blended with Cadbury's hot chocolate & steamed milk

Cafetière

A pot for one

Sumatra, a full bodied coffee from the beautiful island of Indonesia 2.95

Our coffees can be served decaffeinated for an extra 0.55

Change the milk to one of our non-dairy options: Soya, Almond or Oat for an extra 0.65

Add a syrup flavouring or whipped cream for 0.60

Red Wines

Merlot, Colo Gato, 2018 Chile (VE)

Smooth, juicy and softly oak-aged. Medium-bodied in style, with dark berry fruit flavours and hints of vanilla.

175ml 5.45 250ml 7.45 Bottle 20.55

Rioja Cofrade, 2019 Spain (VE)

Soft attractive Rioja in a lovely modern fruit driven style.

175ml 5.70 250ml 7.70 Bottle 21.60
125ml measure available upon request.

Sparkling Wines

Prosecco Incanto, DOC, NV Italy (VE)

A premium quality, stylish Italian sparkler with light apple style fruit flavours. Bottle 25.55

Prosecco Borgo Molino, DOC, NV Italy (VE)

Rich and fragrant aromas, with flavours of green apples and citrus fruits. 200ml 7.90

Rosé Wines

Zinfandel Rosé, Feather Falls, 2017

USA (VE)
Wonderful aromas of fresh strawberries and soft red fruits.

175ml 5.70 250ml 7.70 Bottle 21.60

Pinot Blush Grigio, Col di Sotto, 2019/20 Italy (VE)

Easy drinking, dry, crisp and well balanced.

175ml 5.70 250ml 7.70 Bottle 21.60

(VE) is suitable for Vegans

White Wines

Pinot Grigio, Col di Sotto, 2019/20 Italy (VE)

Easy drinking, dry, crisp and well balanced.

175ml 5.70 250ml 7.70 Bottle 21.60

Paul Antonia Sauvignon Blanc, 2018/20 France (VE)

Zesty and expressive with refreshing citrus fruit flavours and a clean finish.

175ml 5.70 250ml 7.70 Bottle 21.60

Beers & Spirits

PERONI
bottle 330ml 3.90

MAGNERS
bottle 500ml 4.85

REKORDERLIG
bottles 500ml. 4.95

OLD SPECKLED HEN
bottle 500ml 4.75

BUDWEISER
bottle 300ml 3.90

DOOMBAR ALE
bottle 500ml 4.85

Spirits from £3.80, 35ml serving

Smirnoff Vodka, Bombay Sapphire Gin,

Gordons Pink Gin, Tanqueray Gin, Bacardi,

Jack Daniels, Disaronno, Malibu, Southern

Comfort, Courvoisier, Bell's, Johnnie Walker

Hot Chocolate

JUST CHOCOLATE 3.25

Simply Cadbury's hot chocolate

CLASSIC 3.55

With whipped cream and chocolate flakes

AMERICAN 3.75

With whipped cream, marshmallows and chocolate flakes

Teas a pot for one

OUR FINEST CONTINENTAL LOOSE LEAF TEA –

ENGLISH BREAKFAST TEA 2.95

EARL GREY 2.95

PEPPERMINT TEA 2.95

ASSAM TEA 2.95

FRUIT/HERB TEA 2.95

Teahouse Exclusives Lemon & Ginger, Honey Roibos (Redbush) served in luxury silk bags

CHAI TEA 2.95

GREEN TEA 2.95

CHAMOMILE TEA 2.95

Soft Drinks

Coca Cola, Diet Coke, Coca Cola Zero or Sprite 330ml glass bottle 2.95

Add a flavour to your fizz! Cherry or Lime 0.55

Appletiser 2.85

San Pellegrino 330ml 2.95

orange, lemon or guest flavour

Fresh orange juice 2.95

Organic apple juice 2.95

Elderflower Presse 3.10

Raspberry Presse 3.10

Mineral water reg. 2.35 lrg. 3.35

(still or sparkling)

Tonic Water / Slim 2.25

Children's drinks 1.20

(orange carton, apple carton, or milk)

Iced drinks

ICED COFFEE 3.50

Double espresso & milk blended with ice

ICED LATTE 3.50

Single espresso, milk, vanilla syrup blended with ice and topped with whipped cream

ICED MOCHA 3.50

Single espresso, milk & chocolate blended with ice and whipped cream topping

ICED TEA 3.10 - 6 flavours

FRAPPE 4.10

Frappe with a choice of 40 flavours with whipped cream, please ask for a Menu.

Mixed Berry Smoothie 4.15

HOMEMADE ROSSI MILKSHAKES 3.70 Please Ask For A Menu

Made with whole milk in over 40 flavours served with or without whipped cream

Deluxe Rossi milkshake (Oreo, Nutella, Biscoff or Peanut butter) 4.30