

FOOD



**28-29 Marine Parade
Harwich
Essex
CO12 3RG**

Telephone: 01255 551298

hotconti@btconnect.com

www.hotelcontinental-harwich.co.uk

Recommendations

RESTAURANT OPENING HOURS

Breakfast is served in the Breakfast Room Daily to 10.30am. We are flexible on start times but charge a supplement before 6am for cooked Breakfasts.
Start times at weekend 8am for cooked breakfast.

At certain times the kitchen staff are available outside normal restaurant opening hours so will you check if you would like to eat, and if possible we will happily oblige.

All food in the Hotel is cooked to order for freshness so average waiting times of 30 mins can be expected.

We do appreciate advance bookings for tables for Dinner

LUNCH
12 midday to 3pm

DINNER
6pm to 9pm

Dial 0 for Reception from room telephone

The Restaurant is really good, there is also a vegan and vegetarian menu, the chef is really nice and knowledgeable. She is an excellent cook, you won't regret it."

Laura. Stayed 31.Dec 2015, posted review 03/01/16

"We're all still dreaming about your Roast Beef & Sticky Toffee
Pudding Blossom! So Delicious"

Maz & the rest of the team Channel 4/ 4 in a Bed

Quality in Tourism Report July 2013

Rating for food 80% 4 Star.

"The high standard of cuisine is a definite highlight of the hotel. Good use of locally sourced, organic, home cooked and seasonal items which demonstrates a skilled kitchen workforce producing innovative and well executed dishes.

"Thank you for a very entertaining evening with wonderfully good food in a super setting"

September 2012- Anne & Gillian

"Blossom the meal you cooked us Thursday evening was lovely. My brother who joined us from London remarked the quality fine dining better than some of his posh Windsor restaurants he regularly dines at."
Guest from Southampton

unsolicited Food Restaurant Review- Guardian Weekend

"Head for the new extension and you'll discover a fantastic menu, magnificent presentation and friendly staff"

"We were greatly surprised by the quality of the Restaurant, would stay here again"

Cruiseship Passenger

"Meals were outstanding"

John, Basildon October 2013.

LIGHT BITES

Steak & Ale Pie & Mash £9.25

3 Organic Sausages, Mash & Onion Gravy £7.95

Beer-battered Fish & Chips, with Mushy Peas & Tartar Sauce Large £11.25 Small £8.5

Chilli con Carne & Rice £7.95 as hot as you like it.

Hot Chicken Curry , Rice & Poppadom £9.50

Souffle Omelette, Salad & choice of 2 of the following fillings: Cheese, Ham, Peppers, Tomato,
Mushroom ,Onion, Sweetcorn, Potato £8.95

Soup of the Day with Bread rolls £5.25

Paninis served with Chips & Salad

Centre Roma / Mozzarella Cheese, caramelised onions, pine nuts, fresh tomatoes & basil V £6.95

Centre Milano/ Grilled Chicken breast, basil pesto, caramelised onions, sundried tomatoes, pine nuts
and Mozzarella Cheese £7.95

Steak/ A generous helping of steak with Cheese, Mushrooms & Onions £8.95

Tuna Melt/ Tuna fish with Spring onions, Celery, mayo & Cheese £7.50

Beefburger with fries £8

Sandwiches

Served with crisps & salad garnish on White or Wholewheat Bread. Baguettes add £1.

BLT (Bacon, lettuce, tomato) £3.95

Ham & Cheese, Cheese & Onion, Cheese & Tomato £3.95

Smoked Salmon & Cream Cheese/ Prawn Salad £4.95

Roast Meat of the day £4.75

Hummus Salad Vegan £3.75 Quorn Salad V. £3.95

I'm almost unbelievably fussy about the quality of ingredients that go into our food and you can be assured that we source the best. Most meat products come from Colemans Butchers of Colchester. Sausages are from Willow Hall Farm, Wix; an organic farmer with Pig and Beef herds who specialises in making sausages packed with meat and flavour. Fish comes from Direct Seafoods and Organic Vegetables are delivered by Riverford Organics who also supply Cheese, Eggs and Milk. Topped up by dry goods from near local shops such as the Wholefood Store in Manningtree, Waitrose and Morrisons supermarkets with Makro Cash & Carry supplying some bulk purchases, table napkins etc.

We make everything in our kitchen except sausages -both meat and vegetarian. Beefburgers , Chilli con Carne, and Lasagne are made here using Beef from Colemans Butchers.

Gordon and I are both Vegetarian and do specialise in Vegetarian food. We look to offer a wide choice as we know how hard it is to find enough choice elsewhere and we hope you like both our food and our selection in our seperate Vegetarian menu. In spite of being a vegetarian for over 30 years I am told I cook the best roast beef ever, and it's perhaps surprising that I can do that whilst never eating it. It's available every Sunday if you'd like to try it for yourself.

Food is cooked to order so expect to allow time for it to be cooked. If you're in a hurry please mention it to waiting staff who will suggest quicker dishes.

Menus subject to change. Look out for daily Specials.

Breakfast Menu

£9.00 per person

Fruit Salad,

Orange Juice and Cereals are there to help yourself to.
We also stock other juices, Porridge, Pink Grapefruit segments and tinned Prunes and if you would like any of these please ask

Milk is semi-skimmed. Soya milk is available unsweetened.
We serve pots of English Breakfast Tea, Decaffeinated Tea, Green Tea, Cafeteries of Coffee, Ordinary or Decaff.
£2 per pot if not taken with Breakfast

FULL ENGLISH

2 Rashers smoked grilled bacon, 1 organic pork sausage,
Fried white bread, fresh grilled tomato, mushrooms,
Baked beans, free range organic egg, poached or
Scrambled or griddled

VEGETARIAN

2 Vegetarian sausages, Potato Croquette, Fried wholewheat bread in sunflower oil, Fresh tomato, mushrooms, baked beans, free range organic egg poached, scrambled Or griddled

SMOKED SALMON WITH SCRAMBLED EGG

Topped with creme fraiche & chives, served with Wholewheat toast or roll

2 BOILED OR POACHED EGGS

Served with white/wholewheat toast

KIPPER WITH 2 POACHED EGGS

Served with white/wholewheat bread or toast

Vegetarian & Vegan Main Courses

Vegan Vegetable Stir-fry with Marinated Tofu & Noodles £8.95

Wild Mushroom & Chestnut Stroganoff

Served With Polenta Slice & Steamed Greens Vegan £9.75

Vegan Nut Roast served with Mushroom Sauce,

Steamed Vegetables & New Potatoes or handcut Chips £10.55

Bean Rissoles or Nut Rissoles served on Soba Noodles &

Stir-fried Vegetables Vegan £10.20

Chickpea & Vegetable Harissa Hotpot with preserved lemon

& accompanied by cous-cous & mint yoghurt £9.75

Vegan if soya yoghurt requested

Cashew Nut Roast with Gravy, Spring Onion & Garlic Mash

And spicy Tomato Relish Veggie £10.75

Spelt Mushroom Risotto

Vegan £9.65

Vegetarian Pie of the Day served with Mash & Vegetables

£9.55

Desserts

Caramelised Rum Bananas with Citrus Sauce

& Vegan Ice Cream £5.65

Vegetarian and Vegan menu

Starters

- Soup of the Day with Bread selection £5.25
- Bruschetta of Broad Bean Pesto & tomato Vegan
with Halloumi Veggie £4.85
- Lentil & Barlotti Bean Cake with Lemon Mayonnaise
£5.75 Vegan
- Spiced Aubergine Croutons Vegan £4.35
- Stilton-stuffed Portobello Mushroom with a Herb Nut
Topping Veggie £5.95
- Warm Pear & Walnut Salad Vegan £6.25
With Blue Cheese dressing Veggie £6.45
- Snacks
- Vegeburger in a Ciabatti Bun with Salad £5.95
- Baked Potato or Sweet Potato with fillings: Choose from
Hummus, Guacamole, Cheese, Mushrooms
And served with mixed Salad £7.95
- Spanish Souffle Omelette with or without Cheese,
& Salad Veggie £8.50

CONTINENTAL BREAKFAST

Warm roll/baguette with slices of cheese, boiled ham,
Cold fresh tomato slices

AFTERWARDS WE SERVE

WHITE/WHOLEWHEAT TOAST
WITH SELECTION OF TIPTREE JAMS/MARMALADE
£3.00 if not taken with Breakfast

**All Breakfasts are cooked or made to order
for optimum freshness. It can take up to
30mins especially when we're busy.
Choose Continental if you are in a hurry.
Or order in advance from your room
Or Reception.**

Eggs supplied by Riverford Organic,
Pork Sausages by Willow Hall Organic Farm, Wix
Bacon by J.Coleman, Independent Butchers

RESTAURANT MENU

TO START...

Soup of the Day with crusty Bread £5.25

Prawns in Filo with a sweet chilli dip £6.50

Fishcakes with Poached Egg £6.35

Bruschetta with Pesto, sunblush tomato & halloumi cheese V £4.25

Pear & Walnut Salad with Blue Cheese Dressing V £6.35

MAIN COURSE

Fillet Steak with Peppercorn Sauce, £17.50

Slow braised Lamb Shank & Mustard Mash £10.95

Gammon Steak, Poached Egg, Tomato, Mushroom, handcut Chips £9.95

Chicken & Leek Pastry £9.75

Hunters Chicken £10.95

Luxury Fish Pie £10.35

Fish Dishes of the Day

Prawn Risotto £10.75

All served with New steamed /Mashed Potato Or Chips where appropriate

And Salad or Vegetable choice.

RESTAURANT MENU

Dessert to finish....

Sticky Toffee Pudding with Toffee Sauce, Vanilla Ice Cream V

Cheesecake of the Day

Fruit Crumble or Pie served with Vanilla Custard V

Eton Mess with seasonal Fruit V GF

Ice Cream Selection V GF

Cheeseboard V

Check Daily Specials for Desserts

All Desserts £5.35 each

We can do gluten-free and vegan choices to order.

DRINKS

Wines by the Glass from £3.25 / Wines by the Bottle from £11.25

Small Bottled Water £1.00 Fresh Orange Juice /Apple Juice £2.50

J2O £1.80 Pepsi/Lemonade £1.80 per pint

Non-alcoholic Ginger Beer £2.50 Elderflower Bubbly £2.50

Cafetiere Coffee for 1, £2.20 Large £3.50 Tea £2.20, £3.50

Irish coffee £4.50

Wide selection of spirits, liqueurs, Beer are sold at the bar