

CONTINENTAL
HOSPITALITY
GROUP

MENU



BREAKFAST & SWEETS

COFFEE \$4.50 to \$5.50

Toast

white, light rye, multigrain or dark rye
with condiments

1 piece: 3 Full Serve:

Plain Croissant

with condiments

Cheese & Tomato Toastie Banana
Bread

Plain Croissant

Ham & Cheese Croissant

Ham, Cheese & Tomato Toastie Egg &
Bacon Tortillas

Egg & Bacon Muffin

Bacon & Egg Toastie or Bacon & Egg

Turkish Roll

Ham, Cheese & Tomato Croissant

Bagels

plain, sesame, poppy seed, cinnamon & raisin,
blueberry with condiments

Mini Muffin

home made baked fresh daily

Muffin

home made baked fresh daily

Mr G Granola

Flavoured Yoghurt

Bircher Muesli

Breakfast Trifle

Fresh Fruit Salad

Chia Pudding

Go-Macro Bar

Almond Chocolate Croissant

Almond Croissant

Nutella Donut

Portuguese Tart

\$10 to \$13



BAGUETTES

\$10 to \$13

Broccoli & Avocado Baguette

broccoli, avocado, hummus, beetroot

Cauliflower & Pomegranate Baguette

cauliflower, rocket pomegranate, walnuts

Smoked Trout Baguette

smoked trout, rocket, cream cheese, cucumber

Pulled Pork Baguette

iceberg lettuce, pulled pork, radish & apple coleslaw, chipotle mayonnaise

Prosciutto Baguette

prosciutto, rocket pesto, parmesan cheese

Duck Confit Baguette

confit duck, caramelised pear, rocket, onion

Beef Brisket Baguette

beef brisket, mayonnaise, gherkins, sauerkraut, pickled onions

Turkey Baguette

rocket, turkey, Swiss cheese, cucumber, avocado, cranberry sauce

SANDWICHES & ROTI WRAPS

\$10 to \$13

Nutty Chicken Sandwich

cos leaves, home-made walnut chicken mix, shredded oven roasted chicken breast, walnuts, mayonnaise

Ham & Pickle Sandwich

iceberg lettuce, shaved ham, tasty cheese, sandwich pickles

Turkey & Swiss Cheese Sandwich

cranberry sauce, cos leaves, sliced turkey breast, cucumber, Swiss cheese

Mango Chicken Sandwich

cos leaves, home-made mango chicken mix, oven baked chicken breast, mango chutney, poppy seeds

Slow Roasted Pork Sandwich

slow roasted pork shoulder, coleslaw, Swiss cheese

Roast Beef Sandwich

roast beef, sauerkraut, caramelised onion, tomato, rocket salad, seeded mustard, pickles, horseradish mayonnaise

Hoisin Duck Sandwich

duck mixed lightly with hoisin/mayo, tatsoi (Asian spinach), tomato, cucumber, pickled red cabbage

Gourmet Vegetable Roti

baby spinach, roasted pumpkin, roasted sweet potato, roasted capsicum, feta cheese, olive pesto

Chorizo Roti

rocket, olive tapenade, chorizo, sun-dried tomatoes, roasted red capsicums, haloumi

Lamb & Chickpea Roti

baby spinach, roasted lamb, roasted pumpkin, roasted peppers, chickpeas

Peri Peri Chicken Roti

baby spinach, peri peri chicken, roasted peppers, feta, tomato





PIADINA, MINI ROLLS & CIABATTAS

\$10 to \$13

Wild Mushroom Piadina

baby spinach, mushrooms sautéed in balsamic glaze, parmesan cheese

Prosciutto Piadina

baby spinach, sliced prosciutto, roasted peppers, pesto, parmesan cheese

Salami Piadina

rocket Spanish onion, feta cheese, roasted capsicums, olive tapenade

Tuna Pesto Roll

iceberg lettuce, home-made tuna mix, corn, red capsicum, basil pesto

Pork Roll

coleslaw, cucumber, tomato, hickory smoked mayonnaise

Crab Roll

fresh crab, lettuce, chives & lemon mayonnaise

Beef Brisket Roll

beef brisket, swiss cheese, pickles

Meatball Ciabatta

baby spinach, home-made meatballs, Napoli sauce, mozzarella

Chicken Avocado Ciabatta

home-made mayonnaise, baby spinach, oven baked chicken breast, tasty cheese, avocado

Moroccan Spiced Lamb Fillet Ciabatta

cucumber, hommus, semi-dried tomatoes, lettuce, tzatziki

Ham Ciabatta

tomato relish, ham, tomato, tasty cheese

Chicken Pesto Ciabatta

spinach, pesto, bocconcini



SALADS

12 SALAD VARIETIES EVERYDAY, ROTATED ON A DAILY BASIS

Our salads have been created by our chef who worked under Yotum Ottelenghi in the UK

\$10 to \$13

- roasted sweet potato, spinach, walnuts, raisins, herbs
- cauliflower, beans, almonds, watercress
- broccolini, celery, roasted red onions, chilli
- rocket, fetta, apple, prosciutto, beetroot
- rocket, pear, walnuts, parmesan
- baby carrots, pear, walnuts, parmesan
- fava beans, peas, asparagus, zucchini
- 3 bean, rocket, radicchio, herbs
- falafel, beans, potatoes, herbs, house yoghurt dressing
- chicken coleslaw
- baby beetroot, walnuts, asparagus, watercress
- brussel sprouts, prosciutto, bacon, herbs
- roasted carrot, asparagus, beetroot, feta, watercress, herbs
- mexican, corn, tomato, crispy tortilla, papita seeds
- zucchini, bacon, asparagus, herbs
- corn, snowpeas, spinach, herbs
- hokkien noodles
- fettuccine, pesto, spinach, olives, salami, red onion
- fattoush
- watermelon, feta, watercress, pumpkin seeds
- kipfler potato, olives, bocconcini, salami, balsamic glaze
- chat potato, bacon, herbs, spinach, olives
- snowpea, beans, watercress, roasted pumpkin
- thai beef salad
- watercress, baby beetroot, feta, walnuts, orange
- cauliflower, broccoli
- red rice, zucchini, pumpkin, pistachio, herbs
- cauliflower, spinach, chorizo, eggplant, herbs
- bean, almonds, pumpkin, herbs
- buckwheat, mushrooms, herbs, hazelnuts



SALADS

12 SALAD VARIETIES EVERYDAY, ROTATED ON A DAILY BASIS

Our salads have been created by our chef who worked under Yotum Ottelenghi in the UK

\$10 to \$13

- brown rice, pumpkin, walnuts, spinach, feta
- freekah, roasted vegetables, zucchini, spinach
- quinoa, roasted vegetables, spinach
- chickpea, herbs
- couscous, roasted vegetables, herbs
- prosciutto & asparagus salad
- wheat berry, blue cheese and apple salad
- moroccan chicken, roast carrot and chickpea salad
- tuscan tomato & ricotta salad
- beetroot, lentil & roast beef salad
- asparagus, green bean, feta & pistachio salad
- mexican black bean, avocado & corn salad
- cypriot tuna & grain salad
- pearl barley, chorizo & tomato salad
- pearl barley and raw vegetable power salad
- asian brown rice salad with soy dressing
- smoked salmon & potato salad
- bean & roast vegetable salad
- waldorf & kale, apple, walnuts, spinach, cranberries
- roast potato & turkey, cherry tomatoes, rocket
- oven roasted spiced chick pea, cherry tomatoes
- green pea mint & feta, pumpkin seeds, silver beet
- superfood salad
- szechuan lamb, cucumber, tomato, spinach, beans
- curried potato, semi dried tomatoes, spinach, yoghurt
- 3 rice salad, herbs, chilli, spring onion, silver beet
- summer ratatouille, eggplant, roma tomatoes, herbs
- korean chicken & kim chi, wombok, silver beet, chilli
- traditional mixed, tomatoes, cucumber, snow pea
- tomato caparccio & fresh coconut



THANK YOU

www.tchg.com.au

Billy Sakkas
billy@tchg.com.au
0421 993 344

