

To Begin

Smoked Salmon 16.95

Thinly sliced double smoked salmon garnished with capers and Bermuda onions. Served with horseradish mousseline and garlic toast.

Garlic Shrimp 16.95

Sauté of shrimp, onion, and garlic in white wine. Served with garlic toast.

Escargot a la Bourguignone 16.95

Escargots, mushrooms and herbs simmered in a white wine and cream reduction. Served with garlic toast.

Dutch Herrings 15.95

Marinated fillets of herring served with pickles, tomatoes, and onion sour cream. Served with garlic toast.



Vegetarian



Vegan



Contains Gluten

**NOTE: Although these dishes are made without gluten, we do prepare gluten meals in house.
15% Gratuity will be added on groups of 4 - 9
18% Gratuity will be added on groups of 10 and more**

Soups

Pickle Soup

Cup 4.95 Bowl 6.95 Large Euro Bowl 14.95

Helena's famous dill pickle soup.

Red Barszcz

Cup 4.95 Bowl 6.95 Large Euro Bowl 14.95

Delicious beet vegetable soup with lima beans.

Baked French Onion

11.95

A mushroom based soup served baked with krolewski cheese, bread, and croutons.

Flaczki

Cup 5.95 Bowl 9.95 Large Euro Bowl 21.95

Traditional Polish tripe soup.

Sauerkraut & Potato

Cup 4.95 Bowl 6.95 Large Euro Bowl 14.95

This German delight is cooked with smoked pork hocks.

Salads

Avocado Tomato Salad

13.95

Avocados and tomatoes on a bed of romaine lettuce, topped with sun-dried tomato vinaigrette and roasted almonds. Served with garlic toast.

Caesar Salad

Regular 13.95 Starter 6.95

Romaine lettuce tossed with Caesar dressing and topped with fresh parmesan.

Regular served with garlic toast, bacon, anchovies.

Starter served without toast or anchovies.

Greek Salad

13.95

Bell peppers, cucumbers, onions, tomatoes, and romaine lettuce served with rice vinaigrette and topped with goat's milk feta and kalamata olives.

Served with garlic toast.

Tomato Cocktail

11.95

Diced fresh tomatoes served in a Polish sour cream dressing.

Served with garlic toast.

Tomato Salad

11.95

Diced fresh tomatoes served in a vinaigrette. Served with garlic toast.

House Salad

Regular 11.95 Starter 6.95

Garden greens topped with sun-dried tomato vinaigrette.

Regular served with garlic toast.

Starter served without garlic toast.



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Soup & Sandwich

New Yorker (Double Cold Smoked Salmon) 19.95

An open-faced bagel served with cream cheese and topped with smoked salmon, lettuce, red onions, and capers. Served with potato salad.

Tomato & Herring 19.95

Bagel spread lightly with sour cream, topped with slices of tomatoes and marinated herring, garnished with hard boiled eggs, mayonnaise, and paprika. Served with potato salad.

Reuben 17.95

Grilled bread with Montreal corned beef, Edam cheese, sauerkraut, and mustard. Served with potato salad.

Continental Club House 19.95

Grilled chicken breast, bacon, tomato, lettuce, and mayonnaise on toasted open face bagel.

Lunch Entrée

Chicken Stuffed Pierogis  S 17.95 L 21.95

Served with sour cream and fried onions.
Add mushroom sauce 2.95

Sauerkraut & Wild Mushroom Pierogis   S 17.95 L 21.95

Served with sour cream and fried onions.

Cheddar & Potato Pierogis   S 17.95 L 21.95

Served with sour cream and fried onions.

Funghi & Kopytka or Spaetzle   20.95

A blend of white and ground wild mushrooms served in a cream and white wine reduction over a bed of kopytka or spaetzle ([spaetzle](#) ). Topped with fresh parmegiano cheese.

Fried Cheese  20.95

Sliced Edam cheese fried golden. Served with tartar sauce, potato salad and vegetable medley.

Potato Pancake with Vegetable Stir Fry (upon availability)  20.95

Vegetable stir fry, cooked with coconut oil, served over potato pancake and vegetable medley.



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Lunch Entrée

“Schnitzel” Pork 21.95

“Schnitzel” Chicken 22.95

Prepared according to the traditional Viennese recipe. Served with potato salad, pan fried potatoes or spaetzle ([spaetzle](#) ) and vegetable medley.

Mushroom sauce 2.95

Dill sauce 2.95

Duck Leg 27.95

Slowly roasted duck leg and Pinot Noir demi-glace. Served with mashed potatoes and hot red cabbage.

Lamb Chops 21.95

Marinated seared trio of lamb chops joined with burgundy sauce, vegetable medley, and choice of vegetable rice or mashed potatoes.

Polish Cutlet 23.95

Ground pork cutlet with dill cream sauce, vegetable medley and mashed or pan fried potatoes.

Paprika Chicken 22.95

Seared marinated chicken breast served on a bed of vegetable rice. Topped with creamy dill sauce and vegetable medley.

Breaded Atlantic Cod 19.95

Breaded cod fried until golden brown. Served with mashed or pan fried potatoes or potato salad and vegetable medley.

Beef Tatar 24.95

Center cut raw beef tenderloin (150 grams), traditionally spiced. Served with toasted garlic bread, capers, diced pickles, tomatoes, and diced onions.

Hungarian Goulash (Beef Stew) 26.95

Tender cubes of beef stewed in a Hungarian paprika-based sauce poured over a bed of kopytka, rice, mashed potatoes, or spaetzle ([spaetzle](#) )

Topped with sour cream and diced pickles. Served with vegetable medley.



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Greens & Fish or Meat

Mixed / Matched To Your Liking

	<i>Grilled Salmon</i>	31.95
<i>Avocado Tomato Salad</i>	<i>Breaded Atlantic Cod</i>	19.95
<i>Caesar Salad</i>	<i>Grilled Paprika Chicken</i>	22.95
<i>Greek Salad</i>	<i>Pork Schnitzel</i>	21.95
<i>Tomato Onion Salad</i>	<i>Rainbow Trout</i>	25.95
<i>Tomato Cocktail</i>	<i>Chicken Schnitzel</i>	22.95
<i>House Salad</i>	<i>Duck Leg</i>	27.95
	<i>Grilled Pork Chop</i>	29.95

Sides

Mushroom Sauce	2.95	Dill Sauce	2.95
Wald Pilz Sauce	4.95	Peppercorn Sauce	4.95
Goulash Sauce	3.95	Sautéed Mushrooms	4.95
Burgundy Sauce	3.95	Rye Bread (2 pcs) 	.50
Spaetzle 	3.95	Gluten Free Bread (1 pc)	.50
Kopytka	3.95	Sausage	6.95



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A Taste of Europe

Gluten Free

Continental Treat Fine Bistro is a family affair. Together, three generations of the Borowka family work to deliver a romantic experience reminiscent of turn-of-the-century dining. From its conception in 1982, Helena and Ryszard have welcomed their son, Sylvester, and now their two grandsons, Matthew and Michal, into the family business. In tandem, the Borowkas' efforts have consistently yielded fond experiences that have consequently made Continental Treat a premier choice for any occasion - from business lunches and client meetings to anniversaries, birthdays, and romantic dinners.

Elizabeth Palmowski - our executive chef - and her team continue to innovate our menu while preserving the distinct, authentic flavours of our most popular European dishes. To pair with these meals, we offer a vast selection of rare spirits, fine wines, specialty liqueurs, and both imported and micro-brewed beers. From the rare Samuel Adams Utopia to the near-inaccessible Van Winkle bourbon to the elusive Westvleteren XII, our beverage choices will appeal even to the most scrutinizing palates.

We aim to convey a charming European-bistro ambiance, complemented by smooth jazz and bossa nova. At the core of Continental Treat's atmosphere is our menu that contains such choices: escargots a la Bourgogne; double smoked wild salmon; a dill pickle soup for which we are famous; flaczki (a traditional tripe soup); beef tartar; slow-roasted duck leg; Hungarian goulash; and the best Vienna schnitzel to be found in Edmonton. Of course, at the foundation of Continental Treat is our staff who will graciously welcome you upon your arrival.

On behalf of the Borowka family,
Guten Appetit