

PARKERS' LIGHTHOUSE

GLUTEN FREE LUNCH MENU

Please alert your server to any food allergies

APPETIZERS & SMALL PLATES

| | |
|--|------------------------|
| Jumbo Shrimp Cocktail | 19 |
| Gulf white shrimp, classic cocktail sauce | |
| Steamers | Half 12 Full 19 |
| Pacific Coast Manila Clams, aromatic natural broth, drawn butter | |
| Oysters on the Half Shell | |
| Horseradish cocktail sauce and Champagne mignonette | |
| ½ Dozen | 16 |
| Dozen | 30 |
| Iced Seafood Tower | 45 |
| Gulf Shrimp, King Crab, Selected Oysters, Horseradish cocktail sauce, Champagne mignonette | |

Ask your server about Gluten-free sushi and sashimi items!

SALADS

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| Mediterranean Chopped Salad | 10 |
| Mediterranean chopped, feta cheese, tomatoes, green beans, romaine, Kalamata olives, red wine vinaigrette | |
| Parkers' Wedge | 11 |
| Iceberg, Applewood smoked bacon, tomatoes, Gorgonzola blue cheese crumbles, blue cheese dressing | |
| Seafood Cobb Salad | 24 |
| Jumbo lump crab, shrimp, avocado, bacon, egg, Roma tomatoes, crisp romaine, Louie dressing | |
| Chopped Salad | 19 |
| Grilled shrimp, Gorgonzola blue cheese, iceberg, avocado, cucumber, tomato, green onions, Applewood smoked bacon, herb parmesan dressing | |
| Alsatian Chicken Salad | 15 |
| Grilled chicken breast, Gorgonzola blue cheese, field greens, Gala apples, candied pecans, apple cider vinaigrette | |

DESSERTS

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| Vanilla Ice Cream | 5 |
| Raspberry Sorbet | 5 |
| Trio of Fresh Seasonal Fruit Sorbets | 7 |

SPECIALTIES

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| Seafood Platter | 28 |
| Mesquite-grilled fresh fish brochette, shrimp and scallop brochette, lemon butter sauce | |
| Chilean Seabass (no Miso Mirin Glaze) | 42 |
| Slivered Asian vegetables, steamed white rice | |
| 7 oz. USDA Prime Filet Mignon | 42 |
| Yukon Gold mashed potatoes, asparagus | |

MESQUITE GRILLED FRESH FISH

Served with fresh seasonal vegetables and mashed potatoes

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|------------------------------|-----------|
| Ahi Tuna | 26 |
| Atlantic Salmon | 24 |
| Mahi Mahi | 25 |
| Swordfish | 26 |
| Day Boat Catch | MP |

BURGERS & SANDWICHES

These can be served without the roll to make them Gluten Free

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|--|-----------|
| Grilled Fresh Fish Sandwich | 18 |
| Today's freshest mesquite-grilled, served with remoulade sauce | |
| Parkers' Burger | 16 |
| 8oz. CAB beef brisket, sliced tomato, French fries | |
| Add grilled onions | 1.5 |
| Add bacon | 2 |

GLUTEN-FREE BEER & CIDER

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| Stone Delicious IPA (gluten-reduced) | 7 |
| Rotating Draft Cider | 8 |

SIDE DISHES

Steamed Vegetables
Steamed White Rice
French Fries

Yukon Gold Mashed Potatoes
Housemade Potato Chips
Sauteed or Steamed Spinach

Fresh Fruit
Steamed Asparagus
Sweet Potato Fries