

# 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

- Mediterranean Chopped Salad**..... 10  
Mediterranean chopped, feta cheese, tomatoes, green beans, romaine, Kalamata olives, red wine vinaigrette
- Seafood Cobb Salad** ..... 25  
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** ..... 16  
Grilled chicken breast, Gorgonzola blue cheese, field greens, Gala apples, candied pecans, apple cider vinaigrette

### DESSERTS

- Vanilla Ice Cream** ..... 5
- Raspberry Sorbet** ..... 5
- Trio of Fresh Seasonal Fruit Sorbets**..... 7

### SPECIALTIES

- 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. Skirt Steak**..... 27  
Cotija Mashed Potatoes, Guajillo Chimichurri

### MESQUITE GRILLED FRESH FISH

Served with Seasonal Vegetables and choice of Yukon Gold Mashed Potatoes or Steamed White Rice

- 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

- Grilled Fresh Fish Sandwich** ..... 19  
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

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

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### 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**

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