

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 13 Full 19
Pacific Coast Manila Clams, aromatic natural broth,	
Oysters on the Half Shell	
Cocktail sauce and Mignonette	
½ Dozen	16
Dozen	30
Sampler	17
Iced Seafood Tower	45
Gulf Shrimp, Alaskan Red King Crab, Selected Oysters, Cocktail sauce, Mignonette	

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

SALADS

Mediterranean	10
Feta cheese, Tomatoes, Green beans, Cucumber, Crisp Romaine, Kalamata olives, Red Wine Vinaigrette	
Seafood Cobb	26
Jumbo Lump Crab, Shrimp, Avocado, Bacon, Egg, Roma Tomatoes, Crisp Romaine, Louie Dressing	
Grilled Shrimp Avocado	21
Gorgonzola, Chopped Iceberg, Cucumber, Tomato, Green Onions, Applewood Smoked Bacon, Herb Parmesan Dressing	
Alsatian Chicken	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	8

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	27
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. Ground 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

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
