

# PARKERS' LIGHTHOUSE

## GLUTEN FREE LUNCH MENU

Please alert your server to any food allergies

### APPETIZERS & SMALL PLATES

<b>Jumbo Shrimp Cocktail</b> .....	19
Gulf white shrimp, classic cocktail sauce	
<b>Steamers</b> .....	<b>Half 13 Full 19</b>
Pacific Coast Manila Clams, aromatic natural broth,	
<b>Oysters on the Half Shell</b>	
Cocktail sauce and Mignonette	
<b>½ Dozen</b> .....	16
<b>Dozen</b> .....	30
<b>Sampler</b> .....	17

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

### SALADS

<b>Mediterranean</b> .....	12
Feta Cheese, Tomatoes, Chickpeas, Red Onion, Carrots, Crisp Romaine, Kalamata Olives, Red Wine Vinaigrette	
<b>Seafood Cobb</b> .....	26
Jumbo Lump Crab, Shrimp, Avocado, Bacon, Egg, Roma Tomatoes, Crisp Romaine, Louie Dressing	
<b>Grilled Shrimp Avocado</b> .....	21
Gorgonzola, Chopped Iceberg, Cucumber, Tomato, Green Onions, Applewood Smoked Bacon, Herb Parmesan Dressing	
<b>Poma Chicken Salad</b> .....	17
Chicken Breast, Goat Cheese, Pomegranate Arils, Red Onion, Pickled Fennel, Toasted Pepitas, Baby Arugula, Mixed Greens, Pomegranate Vinaigrette	

### DESSERTS

<b>Vanilla Ice Cream</b> .....	5
<b>Raspberry Sorbet</b> .....	5
<b>Trio of Fresh Seasonal Fruit Sorbets</b> .....	8

### SPECIALTIES

<b>Seafood Platter</b> .....	28
Mesquite-grilled fresh fish brochette, shrimp and scallop brochette, lemon butter sauce	
<b>Chilean Seabass (no Miso Mirin Glaze)</b> .....	42
Slivered Asian vegetables, steamed white rice	
<b>7 oz. Skirt Steak</b> .....	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

<b>Ahi Tuna</b> .....	26
<b>Atlantic Salmon</b> .....	24
<b>Mahi Mahi</b> .....	25
<b>Swordfish</b> .....	27
<b>Day Boat Catch</b> .....	MP

### BURGERS & SANDWICHES

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

<b>Grilled Fresh Fish Sandwich</b> .....	19
Today's freshest mesquite-grilled, served with remoulade sauce	
<b>Parkers' Burger</b> .....	16
8oz. Ground Beef & Brisket, Sliced Tomato, French fries	
Add Grilled Onions .....	1.5
Add Bacon .....	2

### GLUTEN-FREE BEER & CIDER

<b>Stone Delicious IPA (gluten-reduced)</b> .....	7
<b>Rotating Draft Cider</b> .....	8

### SIDE DISHES

Steamed Vegetables  
Steamed White Rice  
French Fries

Yukon Gold Mashed Potatoes  
Housemade Potato Chips  
Sautéed or Steamed Spinach

Fresh Fruit  
Steamed Asparagus  
Sweet Potato Fries