

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

Manila Clams.....Half 13 Full 19
Pacific Coast Manila Clams, aromatic natural broth,
drawn butter

Oysters on the Half Shell
Horseradish cocktail sauce and Champagne mignonette
½ Dozen 18
Dozen 34

Iced Seafood Tower 55
Selected Oysters (4), Large Gulf Shrimp (4) Alaskan Red King Crab, ½
Chilled Lobster Tail, Tuna Poke, Wonton Chips, Cocktail Sauce,
Mignonette, Herb Aioli

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

SALADS

Mediterranean..... 12
Feta, Tomatoes, Chickpeas, Kalamata Olives, Red Onion, Carrots,
Romaine, Red Wine Vinaigrette

Seafood Cobb Salad 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

Grilled Skirt Steak..... 25
Roasted beets, radishes, fingerling potatoes, blistered
onions, mixed greens, balsamic vinaigrette, chimichurri

DESSERTS

Vanilla Ice Cream 5
Raspberry Sorbet 5
Trio of Fresh Seasonal Fruit Sorbets..... 8

SPECIALTIES

Mixed Grill 29
Mesquite-grilled fresh fish skewer, shrimp and scallop skewer,
lemon butter sauce

Chilean Seabass (no Miso Mirin Glaze) 42
Stir-fried Asian vegetables, steamed white rice

16 oz. Bone-In Ribeye..... 52
Yukon Gold Mashed Potatoes, Asparagus

MESQUITE GRILLED FRESH FISH

Served with fresh seasonal vegetables and mashed potatoes

Ahi Tuna 26

Atlantic Salmon 24

Mahi Mahi..... 25

Swordfish 27

Day Boat Catch MP

BURGERS & SANDWICHES

These burgers and sandwiches 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
8 oz. Ground beef & brisket, sliced tomato, French fries
Add grilled onions 1.5
Add bacon 2

GLUTEN-FREE BEERS & 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
