

PARKERS' LIGHTHOUSE

GLUTEN FREE LUNCH MENU

Please alert your server to any food allergies

APPETIZERS & SMALL PLATES

Jumbo Shrimp Cocktail 23
Gulf white shrimp, classic cocktail sauce

Manila Clams.....Half 17 Full 24
Pacific Coast Manila Clams, aromatic natural broth,
drawn butter

Oysters on the Half Shell
Cocktail sauce • Champagne Mignonette
1/2 Dozen 24
Dozen 44

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

SALADS

Mediterranean..... 17
Feta, Tomatoes, Chickpeas, Kalamata Olives, Red Onion, Carrots,
Cucumber, Romaine, Red Wine Vinaigrette

Seafood Cobb Salad 35
Jumbo lump crab, shrimp, avocado, bacon, hard-boiled egg, tomatoes,
cucumber, green onion, crisp romaine, Louie dressing

Arugula & Strawberry Fields 18
Local strawberries, shaved fennel, goat cheese, toasted almonds,
balsamic vinaigrette

DESSERTS

Vanilla Ice Cream 7
Raspberry Sorbet 7

ENTREES

Chilean Seabass (no Miso Mirin Glaze) 54
Stir-fried Asian vegetables, steamed white rice

Day Boat Catch MP
Garlic Roasted Fingerling Potatoes, Seasonal Vegetables

*We Also Offer the Above Seafood Selections Simply Prepared
with Yukon Gold Mashed Potatoes,
Steamed Asparagus, Lemon Wedge, Parsley Vinaigrette*

16 oz. Bone-In Ribeye 69
Yukon Gold Mashed Potatoes, Steamed Asparagus

Mesquite-Grilled Shrimp32
Thai Salad, Spicy Cilantro Vinaigrette, Macadamia Nuts, Coconut Curry
Sauce

All-American Burger (Lettuce-Wrapped)..... 24
Half Pound Parkers' Blend Angus, Tomato, Coleslaw
Add bacon 3.5

GLUTEN-FREE BEERS & CIDERS

Stone Delicious IPA (gluten-reduced) 8.5
Rotating Draft Cider 10

SIDE DISHES

Steamed Vegetables
Steamed White Rice
Steamed Asparagus (additional)
Sauteed or Steamed Spinach (additional)

Fresh Fruit
Whipped Potatoes
Coleslaw
