

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 14 Full 21
Pacific Coast Manila Clams, aromatic natural broth,
drawn butter

Oysters on the Half Shell
Cocktail sauce • Champagne Mignonette
½ Dozen 18
Dozen 34

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

SALADS

Mediterranean..... 15
Feta, Tomatoes, Chickpeas, Kalamata Olives, Red Onion, Carrots,
Cucumber, Romaine, Red Wine Vinaigrette

Seafood Cobb Salad 27
Jumbo lump crab, shrimp, avocado, bacon, hard-boiled egg, tomatoes,
cucumber, green onion, crisp romaine, Louie dressing

Arugula & Strawberry Fields 14
Local strawberries, shaved fennel, goat cheese, toasted almonds,
balsamic vinaigrette

DESSERTS

Vanilla Ice Cream 5
Raspberry Sorbet 5

ENTREES

Mesquite-Grilled Salmon..... 36
Garlic Roasted Fingerling Potatoes, Artichoke, Spinach, Sweet Onions,
Parsley Vinaigrette

Chilean Seabass (no Miso Mirin Glaze) 44
Stir-fried Asian vegetables, steamed white rice

Day Boat Catch MP
Garlic Roasted Fingerling Potatoes, Summer Vegetables

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

16 oz. Bone-In Ribeye 53
Yukon Gold Mashed Potatoes, Steamed Asparagus

Mesquite-Grilled Shrimp24
Yukon Gold Mashed Potatoes, Steamed Asparagus, Parsley Vinaigrette,
Lemon Beurre Blanc Sauce

Parkers' Burger 18
8 oz. Ground beef & brisket, sliced tomato, French fries
Add grilled onions 1.5
Add bacon 2

GLUTEN-FREE BEERS & CIDERS

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

SIDE DISHES

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

Fresh Fruit
Sweet Potato Fries
French Fries
Housemade Potato Chips
Yukon Gold Mashed Potatoes
