

PARKERS' LIGHTHOUSE

GLUTEN FREE LUNCH MENU

Please alert your server to any food allergies

APPETIZERS & SMALL PLATES

Jumbo Shrimp Cocktail 18
Gulf white shrimp, classic cocktail sauce

SteamersHalf 12 Full 19
Pacific Coast Manila Clams, aromatic natural broth,
drawn butter

Oysters on the Half Shell
Horseradish cocktail sauce and Champagne mignonette
1/2 Dozen 16
Dozen 29

Iced Seafood Tower 45
Cold Water Lobster Tail, Gulf Shrimp, King Crab, Selected
Oysters, Horseradish cocktail sauce, Champagne mignonette

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

SALADS

House Salad 9
Mediterranean chopped, Redwood Hill Farm goat milk feta,
tomatoes, green beans, romaine, red wine vinaigrette,
Kalamata olives

Parkers' Wedge 11
Iceberg, Applewood smoked bacon, tomatoes, blue cheese
crumbles, Point Reyes blue cheese dressing

Seafood Cobb Salad 23
Jumbo lump crab, shrimp, avocado, bacon, egg, Roma tomatoes,
crisp romaine, Louie dressing

Chopped Salad 19
Grilled shrimp, Point Reyes blue cheese, iceberg, avocado,
cucumber, tomato, green onions, Applewood smoked bacon,
herb parmesan dressing

Alsatian Chicken Salad 15
Grilled chicken breast, Point Reyes 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..... 7

SPECIALTIES

Seafood Platter 28
Mesquite-grilled fresh fish brochette, shrimp and scallop brochette,
lemon butter sauce

Chilean Seabass (no Miso Mirin Glaze) 37
Slivered Asian vegetables, steamed white rice

7 oz. USDA Prime Filet Mignon 49
Yukon Gold mashed potatoes, seasonal vegetables

MESQUITE GRILLED FRESH FISH

Served with fresh seasonal vegetables and mashed potatoes

Ahi Tuna 26

Atlantic Salmon 24

Mahi Mahi 25

Swordfish 26

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 17
Today's freshest mesquite-grilled, served with
remoulade sauce

American Prime Burger 18
10 oz. Prime beef, sliced tomato, French fries
Add grilled onions 1.5
Add bacon 2

GLUTEN-FREE BEER & CIDER

Stone Delicious IPA (gluten-reduced)..... 7

Anthem Pear Cider 7

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
