

THE LIGHTHOUSE

Seaside Bar + Dining

BREAKFAST

Breakfast Served 9-11am

Last orders to the kitchen strictly by 11am to ensure our Chefs have time to prepare for lunch!

The Titanic Breakfast, 2 Butcher's Sausages, Thick Cut Back Bacon, Grilled Tomato, Field Mushroom, Beans, 2 Fried Eggs, Hash Browns, Black Pudding, Brown or White Bloomer or Sourdough Toast **£15**

The Full Lighthouse, Butcher's Sausage, Thick Cut Back Bacon, Grilled Tomato, Field Mushroom, Beans, Fried Egg, Brown or White Bloomer or Sourdough Toast **£10.5**

Vegan Breakfast, Avocado, Vegan Sausage, Grilled Tomato, Field Mushroom, Beans, Brown or White Bloomer or Sourdough (ve) **£8.5**
Add Fried Egg **£1.5** Add Halloumi **£2.5**

Smoked Salmon + Scrambled Eggs on Sourdough **£8**

Lighthouse Eggs Benedict, Poached Eggs, Muffin, Hollandaise
Choose from: Smashed Avo + Crab **£11** or Classic Benedict **£9**

Bacon Ciabatta **£6**

Sausage or Vegan Sausage Ciabatta **£6.5**

Add Fried Egg **£1.5**

 Available until 12pm

Classic American Pancakes

Thick Cut Bacon, Maple Syrup **£6.5**

or Yoghurt, Maple Syrup, Blueberry Compote (v) **£6**

Smashed Avo + Poached Eggs on Sourdough (v) **£8**

Toast, Tiptree Marmalade | Tiptree Strawberry Jam | Marmite (v) **£3**

Sorry, no swaps! But we can add items to your Breakfast from the items listed:

Black Pudding | Thick Cut Back Bacon
Grilled Tomato | Field Mushroom | Beans
Fried or Poached Egg
£1.5 each

Butcher's Sausage | Scrambled Eggs
Halloumi | Smashed Avo | Hash Browns
£2.5 each

Swap your sourdough or bloomer for gluten free toast - just ask a member of the team

SUBS + SARNIES

Available from 12pm

All served with homemade slaw

Homemade Fish Finger, Lettuce, Tartare **£8.5**

Vegan 'Fish Finger', Lettuce, Tartare (ve) **£8**

Croque Monsieur, Honey Roast Ham, Gruyere, Bechamel **£9**
Add a Fried Egg for **£1.5** and make it a Croque Madame!

Brie + Cranberry Toasted Sub (v) **£7.5**

Add Bacon **£1.5**

Cheddar + Tomato Toasted Sub (v) **£7.5**

Please let a member of the team know if you have any allergies or intolerances as not all dishes state the full ingredients list. All food is freshly prepared in our kitchen, and as such traces of allergens may be present in all dishes.'

gf=gluten free p=plant based alternative available ve=vegan

SHARERS + SIDES

Available from 12pm

Plant Platter, Smoked Tofu, Pickled Beetroot Shallots, Hummus, Falafel, Olives, Toasted Ciabatta, Olive Oil + Balsamic (ve) **£15.5**

Fishy Board, Tempura Prawns + Sweet Chilli Sauce, Homemade Fish Goujons + Tartare, Smoked Mackerel Paté, Pickled Shallots, Toasted Ciabatta **£23.5**

Charcuterie Board, Serrano Ham, Chorizo, Salami, Cornichons, Olives, Toasted Ciabatta **£20**

Oven Baked Camembert, Honey, Toasted Ciabatta (v) **£16**

SIDES

Skinny Fries (gf) | Chunky Chips (gf) | Garlic Bread

Seasonal Greens (gf) | Salad (gf) **All £4 Each**

Cajun Dirty Fries, Onion, Chorizo, Cheese (gf) **£6.5**

HOT DRINKS

Speciality Tea - Breakfast | Decaf
Earl Grey | Green | Red Berry + Flower
Lemongrass + Ginger | Chamomile **£2.30**

Single Espresso **£2.5** | Americano **£2.85**
Double Espresso **£2.85** | Cappuccino **£3.2**
Latte **£3.2** | Flat White **£3.2** | Hot Chocolate **£3.25**

SMOOTHIES

Strawberry Sunshine, Strawberry, Mango, Banana **£4.5**

Groovy Green, Avocado, Spinach, Apple, Pear, Mint **£4.5**

MILKSHAKES

Salted Caramel **£4.5** | Vegan Chocolate Shake **£4.5**

Cookies + Cream **£4.5** | Strawberry Whip **£4.5**

SOFTS

Coca Cola **£2.4 / £4.2**

Diet Coke, Coke Zero, Lemonade, Fanta **£2.2 / £4**

Ginger Beer **£4**

Juices **£3**

San Pellegrino Limonata or Aranciata **£3.2**

Elderflower Presse, Appletiser **£3.2**

POSH SOFTS

Pink Lemonade, Muddled Lemons, Raspberries, Fever-Tree Ginger Ale **£5**

New London Cooler, Salcombe New London Light 0%, Elderflower, Blueberries, Shredded Cucumber, Fever-Tree Lemonade **£6.5**

Passion Fruit Virgin Mojito, Passion Fruit Puree, Lime, Mint, Sugar, Soda **£5**

Virgin Coconut + Pineapple Margarita, Pineapple, Apple, Coconut Syrup, Fresh Lime **£6**



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STARTERS

- Tempura Prawns**, Sweet Chilli Sauce (gf) **£10.5**
- Salt + Chilli Chicken**, Lime Mayo **£8.5**
- Fish Taco**, Cod, Chilli, Ginger + Lime, Pickled Beetroot Shallots, Peri Peri Sauce, Salad (gf) **£9**
- Smoked Tofu Taco**, Pickled Beetroot Shallots, Peri Peri Sauce + Salad (ve) **£8.5**
- Smoked Mackerel Paté**, Pickled Vegetables, Crostini **£8.5**
- Soup of the Day**, Toasted Ciabatta (ve) **£7**
- Serrano Ham + Grilled Goats Cheese**, Sourdough, Honey **£9**

MAINS

- Classic Beer Battered Haddock + Chips**, Peas, Tartare **£18.5**
- Beer Battered Vegan 'Fish' + Chips**, Peas, Tartare (ve) **£15.5**
- 8oz Fillet Steak**, Seasonal Greens, Grilled Tomato, Chunky Chips (gf) **£32.5**
Add Peppercorn Sauce **£3** | Add Tempura Prawns **£5**
- Lighthouse Fish Pie**, Seasonal Greens (gf) **£18**
- Beef Bourguignon**, Wholegrain Mustard Mash, Roast Seasonal Vegetables, Greens (gf) **£19**
- Beetroot + Goats Cheese Salad**, Toasted Walnuts, Thyme + Raspberry Dressing (v, gf, p) **£13.5**
- Crab, Leek + Cheddar Tart**, Cherry Tomato Salad, Lime Mayo, House Slaw **£14**
- Seafood + Chorizo Paella**, Charred Lemon (gf) **£18.5**
- Smoked Tofu + Mediterranean Vegetable Paella**, Charred Lemon (ve) **£15**
- Catch of the Day**, Sauteed New Potatoes, Greens, Caper Butter **£ Market Price**
- 6oz Butcher's Beef Burger**, Pretzel Bun, Lettuce, Tomato, Burger Sauce, Skinny Fries, Slaw **£16.5**
- Tex Mex Chicken Burger**, Pretzel Bun, Spicy Guacamole, Jalapenos, Sour Cream, Lettuce, Tomato, Skinny Fries, Slaw **£16.5**
- Moving Mountains Vegan Burger**, Pretzel Bun, Lettuce, Tomato, Burger Sauce, Skinny Fries, Slaw (ve) **£15**

 Add Bacon, Chorizo, Coastal Cheddar, Applewood Vegan Cheese for **£1.5** each | Blue Cheese **£2.5** Extra Patty **£4.5**

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Lunch is served 12-3
Dinner is served 5.30-8.45
Food is served all day on Saturdays + Sundays

SHARERS + SIDES

- Plant Platter**, Smoked Tofu, Pickled Beetroot Shallots, Hummus, Falafel, Olives, Toasted Ciabatta, Olive Oil + Balsamic (ve) **£15.5**
- Fishy Board**, Tempura Prawns + Sweet Chilli Sauce, Homemade Fish Goujons + Tartare, Smoked Mackerel Paté, Pickled Shallots, Toasted Ciabatta **£23.5**
- Charcuterie Board**, Serrano Ham, Chorizo, Salami, Cornichons, Olives, Toasted Ciabatta **£20**
- Oven Baked Camembert**, Honey, Toasted Ciabatta (v) **£16**
- SIDES**
 - Skinny Fries (gf) | Chunky Chips (gf) | Garlic Bread Seasonal Greens (gf) | Salad (gf) **All £4 Each**
 - Cajun Dirty Fries**, Onion, Chorizo, Cheese (gf) **£6.5**

PUDS

- Passionfruit Posset**, shortbread (gf) **£8**
- Espresso Martini Trifle**, Coffee Fingers, Lighthouse Coffee Cream **£8.5**
- Churros**, Chocolate Sauce, Cinnamon Sugar (ve) **£7.5**
- Knickerbocker Glory**, Fruit, Vanilla Ice Cream, Shortbread, Popping Candy, 99 Flake, Childhood Memories (gf) **£9**
- Marshfield Ice Cream Selection** - Choose 3 Scoops from: Chocolate, Vanilla, Strawberry, Salted Caramel, Mango Sorbet, Banana (gf) **£7**
Plant based options available
- Cheese Duo**, Smoked Dorset Red, Isle of Wight Blue, Crackers, Quince Jelly **£9**

BE SOCIAL

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 Search for @thelighthousemilford 

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COCKTAILS

- Espresso Martini**, Black Cow Vodka, Kahlua, Double Espresso **£10.5**
- Coconut + Pineapple Margarita**, Jose Cuervo, Cointreau, Fresh Lime, Pineapple Juice, Coconut Syrup **£10**
- Sloegroni Spritz**, Sloe Gin, Martini Rosso, Soda, Fizz **£10**
- Rosemary + Blackberry Bramble**, Salcombe Start Point Gin, Creme de Mure, Lemon, Rosemary, Fresh Blackberries **£10.5**
- After Eight Martini**, Black Cow Vodka, Creme de Cacao, Plant Based Mint Choc Chip Ice Cream **£10**
- Winter Elixir**, Black Cow Vodka, Chambord, Ginger Ale, Muddled Lemons + Raspberries **£10.5**
- Nutcracker Sour**, Jamesons, Frangelico, Hazelnut Syrup, Lemon, Sugar, Egg White **£10**
- Grapefruit Smash**, Jack Daniel's, Elderflower Liqueur, Fresh Grapefruit, Mint **£10**
- Lighthouse Sidecar**, Courvoisier, Blood Orange Liqueur, Lemon **£10**
- Fairytale of New York**, Jack Daniels, Dissaronno, Cinnamon, Cream **£10.5**
- Hot Ginger + Apple**, Salcombe Start Point Gin, Hot Apple Juice, Ginger Syrup, Nutmeg **£10.5**

WINE

Wine by the glass - Ask a member of the team for our full wine list if you fancy something else!

WHITE

	175ml	250ml	Bottle
Cape Heights Sauvignon Blanc <i>South Africa</i>	£6.95	£7.75	£23
Cape Heights Chardonnay <i>South Africa</i>	£5.8	£7.2	£20
Pinot Grigio <i>Italy</i>	£6.95	£7.75	£23
Whale Watcher Sauvignon Blanc <i>New Zealand</i>	£7.95	£9.9	£29.5
Picpoul de Pinet <i>France</i>	£8.25	£10.5	£30

RED

	175ml	250ml	Bottle
Cape Heights Merlot <i>South Africa</i>	£6.95	£7.75	£23
Bellefontaine Malbec <i>France</i>	£7.95	£9.9	£29.5
Sierra Grande Cabernet Sauvignon <i>Chile</i>	£7	£7.95	£23.5

ROSÉ

	175ml	250ml	Bottle
Cape Heights Rosé <i>South Africa</i>	£5.8	£7.2	£20
Burlesque White Zinfandel <i>California</i>	£6.95	£7.75	£23
St Louis, Cote de Provence Rosé <i>France</i>	£8.4	£11.4	£34

FIZZ

- Mini Prosecco** (200ml) **£9**
Brut or Rosé available
- Prosecco** **£30**