

# THE LIGHTHOUSE

Seaside Bar + Dining

## BREAKFAST

Served 9-11am

**The Full Lighthouse**, David Gates Sausage, Thick Cut Back Bacon, Grilled Tomato, Field Mushroom, Beans, Egg of your choice, Sourdough Toast **£8.5**

**Vegan Breaky**, Avocado, Greens, Grilled Tomato, Field Mushroom, Beans, Sourdough (vegan) **£7**  
Add Fried Egg **£1.5** Add Halloumi **£2.5**

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

**Sausage or Bacon Ciabatta** **£5.5** - available until 12pm  
Add Fried egg **£1.5**

**Classic American Pancakes**  
David Gates Thick Cut Bacon, Maple syrup **£6.50**  
or Yoghurt, Honey, Compote (v) **£6**

**Yoghurt + Granola**, Berry Compote (v) **£6.5**

**Smashed Avo + Poached Eggs on Sourdough** (v) **£7.5**

**Sourdough Toast**, Tiptree Marmalade | Tiptree Strawberry Jam | Marmite (v) **£2.50**

**Sorry, no swaps!** But we can add items to your Breakfast or you can build your own from the items listed:

David Gates Sausage | Thick Cut Back Bacon | Grilled Tomato | Field Mushroom | Beans | Egg of your choice | Hash Browns | Smashed Avo **£1.50 each**

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

## CIABATTAS

Available 12-5pm

'BLAT' Thick Cut Bacon, Lettuce, Smashed Avocado + Tomato **£7**

Crab + Chive Mayo, Baby Gem **£8.5**

Smoked Salmon, Cream Cheese, Cucumber **£7.5**

Homemade Fish Finger, Baby Gem, Tartare **£7.5**

Vegan 'Tuna' + Mayo (vegan) **£7**

Coastal Cheddar + Onion Chutney (v) **£6**

### SIDES **£3.5 Each**

Skinny Fries | Chunky Chips | Sourdough Garlic Bread

## SMALL PLATES + SHARERS

Available 12-8.30pm

**Tempura Tiger Prawns**, Sweet Chilli Sauce **£8**

**Jerk Chicken Skewer**, Pineapple, Mango + Lime Crème Fraiche (gf) **£6.5**

**Today's Soup**, Sourdough Bread (v) **£5.5**

**Bocconcini + I.O.W Tomato Bruschetta**, Mint + Basil Dressing (v) **£6**

**Lemon + Coriander Falafel**, Hummus (vegan) **£6**

**Hummus**, Olive Oil + Balsamic, Olives, Toasted Ciabatta (vegan) **£7**

**Oven Baked Camembert**, Honey, Toasted Ciabatta (v) **£11**

**Tempura Tiger Prawns**, Sweet Chilli Sauce **£15**

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.'

## HOT DRINKS

Loose Leaf Tea - Breakfast | Decaf | Earl Grey | Green | Red Berry + Flower | Lemongrass + Ginger **£2.10**

Single Espresso **£2.2** | Americano **£2.2** | Double Espresso **£2.5** | Cappuccino **£2.8** | Latte **£2.8** | Flat White **£3** | Hot Chocolate **£3.2**

## BREAKFAST COCKTAILS/ MOCKTAILS

**Bloody Mary**, Black Cow Vodka, Tomato Juice, Spice **£8.5**

**Mimosa**, Fresh Orange Juice, Fizz **£8.5**

**Passion Fruit Bellini**, Passion Fruit, Fizz **£8.5**

**Lighthouse Peach Iced Tea** **£5**

## SMOOTHIES

**Green Giant**, Kale, Lemongrass, Banana + Mango **£4.5**

**Beach Berry**, Blackberry, Blackcurrant, Blueberry + Banana **£4.5**

## MILKSHAKES

Salted Caramel **£4.5**

Cookies + Cream **£4.5**

Strawberry Whip **£4.5**

## SOFTS

Bundaberg Ginger Beer **£3.15**

Cawston Sparkling Apple or Elderflower **£2.8**

Classic Coca-Cola, Diet Coke + Coke Zero Bottles 330ml **£2.9**

Pure Tomato Juice **£3.15**

Hill Farm Fresh Apple Juice **£3**

Fresh Orange Juice **£3**

San Pellegrino Sparkling Limonata or Orange **£3**



# THE LIGHTHOUSE

Seaside Bar + Dining

Lunch + Dinner is served between 12-2.30pm and 5-8.30pm.

Outside of these times, either our Breakfast or Small Plates + Ciabattas are available.  
Turn over to take a look!

## STARTERS

**Tempura Tiger Prawns**, Sweet Chilli Sauce £8

**Jerk Chicken Skewer**, Pineapple, Mango + Lime Crème Fraiche (gf) £6.5

**Smoked Fish Plate**, Smoked Salmon, Halibut + Mackerel, Pickled Fennel, Apple, Beetroot Gel (gf) £7

**Duck Bon Bons**, Hoi Sin Dipping Sauce £6.5

**Today's Soup**, Sourdough Bread (v) £5.5

**Bocconcini + I.O.W Tomato Bruschetta**, Mint + Basil Dressing (v) £6

**Lemon + Coriander Falafel**, Hummus (vegan) £6

## MAINS

**Classic Beer Battered Fish + Chips**, Peas, Tartare £14

**Beer Battered Vegan 'Fish' + Chips**, Peas, Tartare (vegan) £14

**South Coast Mussels**, Ciabatta £16

Add Skinny Fries for £2

**Lighthouse Surf + Turf**, 8oz 28 Day Matured Sirloin Steak, Garlic Tiger Prawns, Tomato, Mushroom, Chunky Chips £25

**6oz David Gates Beef Burger**, Pretzel Bun, Baby Gem, Tomato, Onion Relish, Skinny Fries, Slaw £13

**Jerk Chicken Burger**, Charcoal Brioche Bun, Baby Gem, Charred Pineapple, Mango + Lime Creme Fraiche, Skinny Fries, Slaw £13

**Moving Mountains Vegan Burger**, Pretzel Bun, Baby Gem, Tomato, Onion Relish, Skinny Fries, Salad (vegan) £11.5

👉 Add Coastal Cheddar Cheese £1/ Bacon £1.5 to any of our burgers

**Fresh Dressed Crab**, Chunky Chips, Salad, Lemon (gf) £16.5

**Smoked Haddock Mac'n'Cheese**, Salad, Garlic Ciabatta £12.5  
Go Veggie and lose the haddock £10

**Goan Fish Curry**, Mixed Wild + Basmati Rice, Poppadum, Fresh Coriander (gf) £15

**The Lighthouse Caesar**, Baby Gem, Cucumber, Baked Garlic Croutons, Caesar dressing, Poached Egg

**Choose from Chargrilled Chicken or Smoked Salmon £14**

Vegan Caesar available - just ask a member of the team

## SHARERS

**Hummus**, Olive Oil + Balsamic, Olives, Toasted Ciabatta (vegan) £7

**Oven Baked Camembert**, Honey, Toasted Ciabatta (v) £11

**Tempura Tiger Prawns**, Sweet Chilli Sauce £15

## PUDS

**Lemon Tart**, Chantilly Cream £6.5

**Oreo Cheesecake**, Salted Caramel Ice Cream £6.5

**Coastal Cheddar + Isle of Wight Blue**, Biscuits, Tomato Chutney £7

**Churros**, Chocolate Sauce £6.5

**Marshfield Ice Cream Selection** - Choose 3 scoops from: Chocolate, Vanilla, Strawberry, Salted Caramel, Lemon Sorbet (gf) £5.5  
Plant based Vanilla 'Ice Cream' also available

**Knickerbocker Glory**, Fruit, Vanilla Ice Cream, Shortbread, Popping Candy, 99 Flake, Childhood Memories £6.50

**Vegan Mess**, Fresh Fruit, Vanilla plant based 'ice cream', Honeycomb (vegan,gf) £6

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## COCKTAILS

**Espresso Martini**, Black Cow Vodka, Espresso, Kahlua £8.5

**5\* Star Martini**, Black Cow Vodka, Passion Fruit, Vanilla, Pineapple, Fizz £8.5

**Bloody Mary**, Black Cow Vodka, Tomato Juice, Spice £8

**Bramble**, Flip Flop Gin, Raspberry Liqueur, Lemon Juice £8

**Stormy Lighthouse**, The Kraken Rum, Ginger Beer, Lime £8

**Strawberry Spritz**, Black Cow Strawberry Vodka, Elderflower, Soda, Fizz £8.5

**Classic Mojito**, Havana Golden Rum, Fresh Mint, Lime, Soda £8.5

**Aperol Spritz**, Aperol, Soda, Fizz, Fresh Orange £7.5

**Garden Collins**, Flip Flop Gin, Lime, Cucumber, Elderflower, Soda £8

## 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
<b>Seriti Sauvignon Blanc</b>	£5.65	£6.9	£19
<i>South Africa</i>			
<b>Cape Heights Chardonnay</b> <i>South Africa</i>	£5.6	£6.8	£18.5
<i>Africa</i>			
<b>Pinot Grigio Garganea</b> <i>Italy</i>	£5.5	£6.75	£18
<b>Whale Watcher Sauvignon Blanc</b> <i>New Zealand</i>	£7.25	£8.95	£26

### RED

	175ml	250ml	Bottle
<b>El Tesoro Shiraz</b> <i>Spain</i>	£6	£7.25	£19.5
<b>Seriti Merlot</b> <i>South Africa</i>	£6	£7.25	£19.5
<b>Bellefontaine Malbec</b> <i>France</i>	£7.25	£8.95	£26

### ROSÉ

	175ml	250ml	Bottle
<b>Cape Heights Cinsault Rosé</b> <i>South Africa</i>	£5.5	£6.75	£18
<b>Cote du Provence Rosé</b> <i>France</i>	£7.55	£10.25	£30

### FIZZ

<b>Mini bottle of Prosecco</b>		(200ml)	£8.75
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@thelighthousemilford

