

THE LIGHTHOUSE

Seaside Bar + Dining

Winter Opening Hours: Monday - Wednesday 9am - 4pm + Thursday - Sunday 9am-10pm

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**

The Naughty Bap, David Gates Sausage, Bacon, Fried Egg, Cheddar, Hash Browns **£7.5**

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

Classic American Pancakes

Thick Cut Bacon, Maple syrup **£6.50**
or Yoghurt, Honey, Compote (v) **£6**

Yoghurt + Granola, Berry Compote (v) **£6**

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

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

Vegan 'Fish Finger', Baby Gem, Tartare (vegan) **£7.5**

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

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

David Gates Sausage, Red Onion Marmalade **£6**

SIDES £3.5 Each

Skinny Fries | Chunky Chips | Sourdough Garlic Bread |

Seasonal Greens

SMALL PLATES + SHARERS

Available 12-8.30pm

Calarmari, Lime + Herb Mayo (gf) **£7**

The Lighthouse Popcorn Chicken, Corn + Chilli Salsa **£6.5**

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

Today's Soup, Ciabatta (vegan) **£6.5**

Pan Fried Padron Peppers, Crispy Capers + Carrots Crisps (vegan, gf) **£6**

Hummus, Olive Oil + Balsamic, Olives, Toasted Ciabatta (vegan) **£6**

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

Calamari, Lime + Herb Mayo **£12**

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** | Cappucino **£2.8** | Latte **£2.8** | Flat White **£3** | Hot Chocolate **£3.2**

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 **£3**

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

Pure Tomato Juice **£3.15**

Hill Farm Fresh Apple Juice **£3**

Orange Juice **£3**

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

POSH SOFTS

Homemade Lemonade, Lemon Juice, Cucumber, Sugar + Soda **£3**
Add Elderflower **50p**

Virgin Mary, Tomato Juice, Tabasco, Worcestershire + Cherry Tomatoes **£3.15**

Dark Berry Virgin Mojito, Muddled Fresh Lime, Mixed Berries, Mint + Sugar, topped with Soda **£5**

Warm Spiced Apple **£3.5**

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.'

www.thelighthousemilford.co.uk



@thelighthousemilford



THE LIGHTHOUSE

Seaside Bar + Dining

Winter Opening Hours: Monday - Wednesday 9am - 4pm + Thursday - Sunday 9am-10pm

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

Calamari, Lime + Herb Mayo (gf) £7

The Lighthouse Popcorn Chicken, Corn + Chilli Salsa £6.5

Garlic + Fiery Chilli Prawns, Squid Ink Spaghetti £8

Rosary Goats Cheese, Cranberry Sauce + Walnuts, Sourdough (v) £7

Duck Bon Bons, Hoi Sin Dipping Sauce £6.5

Today's Soup, Ciabatta (vegan) £6.5

Pan Fried Padron Peppers, Crispy Capers + Carrots Crisps (vegan, gf) £6

MAINS

Classic Beer Battered Fish + Chips, Peas, Tartare £14.5

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

Cider + Pancetta Mussels, Ciabatta £16
Add Skinny Fries for £2

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

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

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

Chipotle Chicken Burger, Corn + Chilli Salsa, Baby Gem, Skinny Fries, Slaw £13.5

Moving Mountains Vegan Burger, Pretzel Bun, Baby Gem, Tomato, Burger Sauce, Skinny Fries, Slaw £12

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

Pan Fried Salmon Fillet, Puttanesca Gnocchi £16.5
Go Vegan- swap the Salmon for Smoked Tofu

Goan Fish Curry, Mixed Wild + Basmati Rice, Poppadum, Fresh Coriander (gf) £15
Go Vegan and swap the Fish for extra Veggies £12

Super Salad, Roasted Beetroot, Raw Kale, Pear, Feta + Quinoa (gf, v) £12

SHARERS

Hummus, Olive Oil + Balsamic, Olives, Toasted Ciabatta (vegan) £6

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

Calamari, Lime + Herb Mayo (gf) £12

SIDES £3.5 Each

Skinny Fries | Chunky Chips | Sourdough Garlic Bread | Seasonal Greens

PUDS

Apple + Blueberry Crumble, White Chocolate + Honeycomb Ice 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

MUSSELS NIGHT

Every Thursday enjoy a bowl of Mussels + Drink for only £15
Choose from a 175ml glass of Seriti Sauvignon Blanc, Pint of Revisionist or Cloudy Apple Juice

COCKTAILS

Espresso Martini, Black Cow Vodka + Kaluha, shaken with Espresso £8.5

5* Martini, Black Cow Vodka, Passoa, Passion Fruit + Vanilla shaken and topped with Fizz £8.5

Mulled Fashioned, Woodford Reserve Bourbon, stirred with Winter Spiced Bitters + Homemade Mulled Syrup £8

Plum Gin Sour, Flip Flop Gin, Plum Liqueur, Lemon, Sugar + Egg White (optional) £8

Dark + Smokey, The Kraken Rum, with squeezed Lime, topped with Smokey Ginger Ale £8

Dark Fruits Mojito, Havana Especial muddled with Fresh Lime, Mint, Winter Fruits and a dash of Wild Berry Cider £7.5

Cranberry Margarita, Jose Cuervo, Chambord, Fresh Lime + Cranberry Juice, Pink Salt Rim. Enjoy straight up or on the rocks £8

Salted Caramel Alexander, Baileys, Courvoisier, Cream + Salted Caramel Syrup, topped with crumbled Cadbury's Flake £8.5

WE LOVE SUNDAYS

Enjoy 2 for 1 cocktails from 12pm every Sunday plus any of our Burgers for only £10

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

RED

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

ROSÉ

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

FIZZ

Mini bottle of Prosecco (200ml) £8.75

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