



HARBOUR LIGHTS

AT THE SEFTON

BREAKFAST

10AM - 2.30PM

PASTRIES AND TOAST

Toast and Preserves	3.25
Choice of white, brown Noa Bake House sourdough	
3.25	
Toasted Crumpets	
Served with salted Manx butter or honey walnut butter	
3.25	
Toasted Tea Cake	
with Manx salted butter and preserves	

HARBOUR LIGHTS FULL ENGLISH

Sweetcured back bacon, local butchers sausage, fried hen's
eggs, black pudding, roast plum tomatoes, grilled flat cap
mushroom and baked beans.
Served with a choice of white, brown or seeded sourdough
toast

VEGETARIAN BREAKFAST

Grilled halloumi, avocado, poached hen's eggs, hollandaise,
flat cap mushroom, watercress and baked beans.
Served with a choice of white, brown or seeded sourdough
toast
12.95

BRUNCH

Bacon & Egg Roll	4.50
Served in a brioche bun	
Scrambled Egg & Bacon	9.95
Three scrambled hen's eggs served with toasted sourdough bread and lightly grilled back bacon	
Eggs Benedict	9.50
Grilled bacon, two poached hen's eggs on a toasted English muffin with hollandaise sauce	
Eggs Royale	10.50
Locally smoked salmon, two poached hen's eggs on a toasted English muffin with hollandaise sauce and watercress	
Avocado Benedict	9.50
Sliced avocado and two poached hen's eggs on a toasted English muffin served with hollandaise sauce and grilled plum tomato	
Kippers	10.50
Classic smoked Manx kippers with parsley butter	
Porridge	6.25
Served with seasonal berries, toasted seeds and Manx runny honey	
Scrambled Eggs & Salmon	10.50
Locally smoked salmon, scrambled hens eggs, black pepper and lemon served with your choice of toast	
Buttermilk Pancakes	8.50
Topped with sweet-cured back bacon and maple syrup	

SANDWICHES

11.30AM - 5PM

Served on your choice of bread. With thick cut chips, French fries
or bowl of fresh soup

BLT	9.95
Classic bacon, lettuce and tomato sandwich	
Fried Fish Sandwich	9.50
Fillet of cod coated in panko breadcrumbs with lettuce and tartare sauce	
Harbour Lights Hamburger	12.50
Chargrilled burger topped with Manx mature cheddar in a brioche bun	
Steak Sandwich	14.95
Chargrilled thinly beaten steak and caramelised red onion	
Chicken, Bacon & Avocado	12.50
Served in a light mayonaise	
Avocado and Prawn	12.50
Peeled prawns and chopped avocado on toasted sourdough, served with Marie Rose sauce	
HLT	10.50
Grilled Halloumi, lettuce and tomato on crusty bread	
Tuna	9.00
Tuna mayonnaise with red onion and cucumber	

ALL DAY MENU

From 11.30AM

FOR THE TABLE

Glass of Chilled Prosecco	6.90	Selection of Noa Bake House Breads	3.95
Kir Royale	6.90	100% Manx and served with salted butter	
		3.95	
Traditional Lemonade	3.95	Roasted Nuts with rosemary and sea salt	3.50
Elderflower Bubble	3.95	Spiced Mixed Olives	3.50
Fruit Punch	3.95		

TO START

Seasonal Soup	4.95	Tempura Prawns	10.95
Made from scratch with fresh local ingredients, served with sourdough bread		Crunch fried Nobashi prawns with pickled cucumber, and matcha tea & sweet chilli sauce	
French Onion Soup	5.50	Oak Smoked Salmon	10.95
Made to our classic recipe. Served with a three cheese crouton		Locally smoked salmon, black pepper and lemon served with seeded sourdough bread	
Mushrooms on Toast (v)	7.50	Queenies	11.50
Creamed local mushrooms with marjoram and Manx oak smoked cheese on toasted sourdough bread		Pan fried with garlic and bacon, served with crusty brown bread	
Crispy Duck Salad	9.25	Raw Market Salad Salad (v)	7.75
Warm crispy duck salad with a sesame and orange, sesame and honey dressing		Thinly shaved market vegeatbles with avocado and wholegrain mustard dressing	
Chicken Liver Parfait	7.95	Asparagus with truffle hollandaise	9.25
Made with fresh chicken livers and double cream, beer glazed apples, fruit loaf toast		Warm asparagus spears with truffle hollandaise and baby watercress	
Avocado Ritz	10.95	Goats Cheese (v)	7.50
Avocado filled with prawn marie rose and topped		Beetroot panko crust, honey wallnut dressed micro	

MAINS

Steak, Egg & Chips	16.50	Fish Pie	16.50
Thinly beaten Manx Sirloin steak served with thick cut chips and a fried hen's egg		Salmon, cod, prawns and Queen scallops in a lobster sauce with a creamed potato topping	
Shepherd's Pie	14.50	Aromatic Duck Curry	16.50
Slow roasted lamb with Manx Cheddar mashed potato		Fragrant coconut duck breast curry with lemongrass, lime, chilli, roasted cashews and steamed cumin rice	
Seafood Spaghetti	17.50	Fillet of Seabass	17.50
Prawns, queenies, crab, and chilli in a white wine cream sauce		Grilled fillet of seabass with a lobster and prawn butter	
Harbour Lights Hamburger	12.50	Fillet of Salmon	16.50
Chargrilled burger in a brioche bun with thick cut chips and Manx mature cheddar		Grilled and served with parmentier potatoes and lemon hollandaise	
Fish & Chips	14.50	Roast of the Day	15.50
Traditional beer battered cod served with mashed peas, thick cut chips and tartare sauce		Please ask your server for today's selection served with seasonal vegetables	
Goats Cheese & Red Onion Tart (v)	14.50	8oz Sirloin	21.50
Goats cheese and caramelised red onion tart with a pistachio crust, dressed green salad		Flavourful mature grass fed Manx beef, three peppercorn sauce, thick cut chips	
Pan Fried Calves' Liver	14.50	Pan-Fried Potato Gnocchi (v)	14.50
Cheddar mash, bacon & crispy onions		With asparagus, peas, pepper-cress and pesto and	

AFTERNOON TEA

SAVOURIES
Smoked salmon crostini
Chicken, bacon and mayonnaise open sandwich
Egg mayonnaise & avocado finger sandwich
Mini Welsh Rarebit
Prawn cocktail shot
Kettle crisps

SWEET
Fruit scone with Manx double cream and preserves
Seasonal Mini-Cakes & Sweet Surprises
Macarons
Vintage Sweets

DRINKS
(choice of)
Selection of Tea's, Infusions, Jasmin Flower Tea, Harbour Lights
Blend coffee

17.00

SPARKLING AFTERNOON TEA

Afternoon Tea with a glass of sparkling Prosecco
23.00

CREAM TEA

Freshly baked fruit scones, Manx double cream and a selection
of preserves
(choice of)
Selection of Tea's, Infusions, Jasmin Flower Tea, Harbour Lights
Blend coffee
5.50

DESSERT

Crème Brûlée	6.00
Classic set vanilla custard with caramelised sugar crust	
Lemon Meringue	6.00
Baked meringue with lemon curd, and white chocolate	
Gin & Tonic Cheesecake	6.00
Made with local gin	
Strawberry Shortcake Sundae	6.00
Warm poached strawberries, vanilla ice cream, shortcake, crushed meringue	
Chocolate Bombe	6.45
With banana chips and salted caramel sauce	
Ice Creams and Sorbets	6.00
Selection of dairy ice creams and fresh fruit sorbets	
Cheese Board	7.25
Selection of local and international cheeses	
Mini Chocolate Truffles	3.50
Selection of salted caramel chocolates	

PRE THEATRE MENU

5PM - 6.30PM

Two Courses
19.50
Three Courses
22.50
BRUNCH
10AM - 4PM
Saturday Sunday

Book online at - www.atthesefton.com

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