

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 **£15.5**

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 **£3**

Smoked Salmon + Scrambled Eggs on Sourdough **£9.5**

Lighthouse Eggs Benedict, Poached Eggs, Muffin, Hollandaise
Choose from: Classic Benedict **£9** | Smoked Salmon **£10**

Bacon Ciabatta **£6.5**

Sausage or Vegan Sausage Ciabatta **£7**

Add Fried Egg **£1.5**

 Available until 12pm

Classic American Pancakes

Thick Cut Bacon, Maple Syrup **£7**

or Yoghurt, Maple Syrup, Blueberry Compote (v) **£6.5**

Toast, Tiptree Marmalade | Tiptree Strawberry Jam | Marmite (v) **£3.5**

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
£3 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 **£9**

Vegan 'Fish Finger', Lettuce, Tartare (ve) **£8.5**

Croque Monsieur, Honey Roast Ham, Gruyere, Bechamel **£9.5**
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, Mushroom + Truffle Arancini, Smoked Tofu, Pickled Beetroot Shallots, Hummus, Olives, Toasted Ciabatta, Olive Oil + Balsamic (ve) **£18**

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

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

SIDES

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

Seasonal Greens (gf) | Salad (gf) **All £4.5 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 | Peppermint **£2.35**

Single Espresso **£2.55** | Americano **£2.9** | Mocha **£3.3**

Double Espresso **£2.9** | Cappuccino **£3.25**

Latte **£3.25** | Flat White **£3.25** | Hot Chocolate **£3.3**

Add syrup **70p**

Hazelnut | Vanilla | Caramel

SMOOTHIES

Berry-licious Raspberries, Strawberries + Blackberries **£4.75**

Groovy Green Kale, Spinach, Mango + Apple **£4.75**

MILKSHAKES

Salted Caramel **£4.75** Chocolate Shake (p) **£4.75**

Cookies + Cream **£4.75** Strawberry Whip **£4.75**

SOFTS

Coca Cola Half **£2.4** | Pint **£4.3**

Diet Coke, Coke Zero, Lemonade,

Fanta Half **£2.25** | Pint **£4.1**

Lime + Soda Half **£1.9** | Pint **£3.3**

Bundaberg Ginger Beer **£4.5**

Juices - Choose from Orange | Apple | Pineapple
Cranberry | Tomato **£3.25**

San Pellegrino Limonata or Aranciata **£3.2**

Lighthouse Elderflower Fizz **£3.5**

Lighthouse Sparkling Apple **£3.5**

POSH SOFTS

Blueberry Lemonade, Muddled Lemons, Blueberries, Fever-Tree Ginger Ale **£5.5**

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

Sweet Pom NOjito, Pomegranate Puree, Fresh Lime, Mint, Soda **£6**

Virgin Coconut + Pineapple Margarita, Pineapple, Apple, Coconut Syrup, Fresh Lime **£6.5**



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STARTERS

Tempura Prawns, Sweet Chilli Sauce (gf) **£11.5**

Salt + Chilli Chicken, Lime Mayo **£9**

Fish Taco, Chilli, Ginger + Lime, Pickled Beetroot Shallots, Peri Peri Sauce, Salad (gf) **£9.5**

Smoked Tofu Taco, Pickled Beetroot Shallots, Peri Peri Sauce, Salad (ve) **£9**

Smoked Mackerel Paté, Pickled Vegetables, Crostini **£8.5**

Wild Mushroom + Truffle Arancini, Pesto (ve) **£8**

Grilled South Coast Sardines, Olive + Tomato Tapenade (gf) **£9.5**

Soup of the Day, Toasted Ciabatta **£7**

Classic Breaded Whitebait, Lime Mayo **£8**

MAINS

Seafood + Chorizo Paella, Charred Lemon (gf) **£19.5**

Lighthouse Fish Pie, Seasonal Greens (gf) **£18.5**

Seafood Linguine, Prawns, Mussels + Squid, Arrabiata Sauce, Parmesan Crisp **£21**

Beef Bourguignon, Mash Potato, Seasonal Greens (gf) **£19.5**

Sweet Potato + Chickpea Thai Green Curry, Basmati Rice (ve) **£16.5**
Add chicken **£5**

Smoked Tofu + Mediterranean Vegetable Paella, Charred Lemon (ve) **£16.5**

Catch of the Day, Sauteed New Potatoes, Greens, Caper Butter (gf) **£ Market Price**

8oz Fillet Steak, Seasonal Greens, Grilled Tomato, Chunky Chips (gf) **£33.5**
Add Peppercorn Sauce **£3.5** | Add Tempura Prawns **£5**

Classic Beer Battered Haddock + Chips, Peas, Tartare **£19**

Beer Battered Vegan 'Fish' + Chips, Peas, Tartare (ve) **£16.5**

Lighthouse Burgers

Served in a Pretzel Bun, Lettuce, Tomato, Skinny Fries, Slaw

Choose from:

Butcher's Beef Burger, Burger Sauce **£17.5**

Tex Mex Chicken Burger, Spicy Guacamole, Jalapenos, Sour Cream **£17.5**

Moving Mountain Vegan Burger, Burger Sauce (ve) **£17.5**

Why not add? 🍷

Bacon | Chorizo | Cheddar | Applewood Vegan Cheese **£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

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

SIDES

Skinny Fries (gf) | Chunky Chips (gf) | Garlic Bread Seasonal Greens (gf) | Salad (gf) **All £4.5 Each**

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

PUDS

Biscoff Sundae, Salted Caramel Ice Cream, Cream + Biscoff Sauce (p) **£8.5**

Winter Berry + Apple Crumble, Custard **£8.5**

Sticky Toffee Pudding, Toffee Sauce + Vanilla Ice Cream **£8.5**

White Chocolate Cheesecake, Salted Caramel Popcorn **£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, Mint Choc Chip, Raspberry Sorbet (gf) (p) **£7**

Follow us on socials @thelighthousemilford + check out our upcoming offers + events!

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COCKTAILS

Coconut + Pineapple Margarita, Jose Cuervo, Cointreau, Fresh Lime, Pineapple, Coconut Syrup **£10.5**

Pear + Maple Sour, Maple infused Cafe del Mar Vodka, Pear Syrup, Angostura Bitters, Fresh Lemon, Sugar, Egg White **£10.75**

Spiced Gin Berry, Flip Flop Gin, Cranberry Juice, Mulled Syrup **£10.5**

Rosemary + Blackberry Bramble, Café del Mar Gin, Crème de Mure, Fresh Lemon, Rosemary, Blackberries **£10.5**

Old Fashioned, Woodford Reserve, Bitters, Orange Peel, Cinnamon Stick **£10.5**

Solent Stormy, Lambs Navy Rum, Ginger Beer, Lime, Mint **£10.5**

Crème Brulee Martini, Baileys, Café del Mar Vodka, Crème de Cacao, Salted Caramel Syrup **£11**

Sweet Pomegranate Mojito, Bacardi, Pomegranate Puree, Fresh Lime, Mint, Soda **£10.5**

Lighthouse Bloody Mary, Café del Mar Vodka, Worcester Sauce, Tomato, Tabasco, Celery **£11**

Espresso Martini, Café del Mar Vodka, Kahlua, Double Espresso, Sugar **£11**

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>	£7.1	£8.25	£24
Cape Heights Chardonnay <i>South Africa</i>	£7.1	£8.25	£24
Mirabello Pinot Grigio <i>Italy</i>	£7.1	£8.25	£24
Whale Watcher Sauvignon Blanc <i>New Zealand</i>	£8.75	£10.1	£29.5

RED

	175ml	250ml	Bottle
Le Fou Pinot Noir <i>France</i>	£8.25	£9.75	£28.5
Cape Heights Merlot <i>South Africa</i>	£7.1	£8.25	£24
Bellefontaine Malbec <i>France</i>	£8.75	£10.1	£29.5

ROSÉ

	175ml	250ml	Bottle
False Bay Cinsault Mourvedere Rosé <i>South Africa</i>	£7.1	£8.25	£24
St Louis, Cote de Provence Rosé <i>France</i>	£9.15	£11.5	£34.5

FIZZ

Mini Prosecco (200ml) **£9.5**

Brut or Rosé available

Prosecco **£30**