

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 **£16**

The Full Lighthouse, Butcher's Sausage, Thick Cut Back Bacon, Grilled Tomato, Field Mushroom, Beans, Fried Egg, Brown or White Bloomer or Sourdough Toast **£11**

Vegan Breakfast, Avocado, Vegan Sausage, Grilled Tomato, Field Mushroom, Beans, Brown or White Bloomer or Sourdough (ve) **£9**
Add Fried Egg **£1.5** Add Halloumi **£3**

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

Smashed Avo + Poached Eggs on Sourdough (v) **£8.5**

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

Bacon Ciabatta **£7**

Sausage or Vegan Sausage Ciabatta **£7**

Add Fried Egg **£1.5**

 Available until 12pm

Classic American Pancakes

Thick Cut Bacon, Maple Syrup **£7.5**

or Yoghurt, Maple Syrup, Blueberry Compote (v) **£7**

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

SARNIES

Available from 12pm - 5pm

Choose from brown or white bloomer bread,
all served with homemade slaw

Homemade Fish Finger, Lettuce, Tartare **£9.5**

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

South Coast Crab, Dill Mayo, Lettuce **£9.5**

Chicken, Smashed Avo, Mango Chutney + Rocket **£9.5**

Coastal Cheddar Cheese, Tomato + Chutney (v) **£8**

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, Homemade Falafel, Smoked Tofu, Pickled Beetroot Shallots, Red Pepper + Classic Hummus, Olives, Toasted Ciabatta, Olive Oil + Balsamic (ve) **£20**

Fishy Board, Tempura Prawns + Sweet Chilli Sauce, Homemade Fish Goujons + Tartare, Crab + Dill Mayo, Pickled Shallots, Toasted Ciabatta **£25**

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 **£2.75**

Americano **£3.2** | Double Espresso **£3.2**
Cappuccino **£3.5** | Latte **£3.5** | Flat White **£3.5**
Hot Chocolate **£3.7**

Oat milk **+50p**

Add syrup **70p**

Hazelnut | Vanilla | Caramel

SMOOTHIES

Berry-licious Raspberries, Strawberries + Blackberries **£5**

Groovy Green Kale, Spinach, Mango + Apple **£5**

MILKSHAKES

Salted Caramel **£5** Chocolate Shake (p) **£5**

Cookies + Cream **£5** Strawberry Whip **£5**

SOFTS

Coca Cola Half **£2.4** | Pint **£4.4**

Diet Coke, Coke Zero, Lemonade,
Fanta Half **£2.25** | Pint **£4.2**

Lime + Soda Half **£1.9** | Pint **£3.5**

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

Orange Blossom, Orange Juice, Lime Wedges,
Fresh Lemon, Mint, Soda **£5.5**

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

Virgin Passion Fruit Mojito, Apple Juice,
Passionfruit Puree, Fresh Mint, Lime, Soda **£6**

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



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STARTERS

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

Crab + Smashed Avocado Stack, Mango Salsa, Rye Crostini **£11.5**

Tempura Prawns, Sweet Chilli Sauce (gf) **£12**

Fish Taco, Chilli, Ginger + Lime, Pickled Beetroot Shallots, Peri Peri Sauce, Salad (gf) **£10**

Smoked Tofu Taco, Pickled Beetroot Shallots, Peri Peri Sauce, Salad (ve) **£9.5**

Mozzarella, Rocket + Cherry Tomatoes, Harissa Pesto (v, gf) **£8.5**

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

MAINS

Seafood + Chorizo Paella, Charred Lemon (gf) **£20**

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

Lighthouse Summer Salad, Mango, Coconut, Mixed Leaf, Pomegranate, Maple + Sriracha Dressing (gf)

Choose from

Goats Cheese | Vegan Feta | Chicken Breast **£18.5**

Dressed South Coast Crab, Skinny Fries, House Salad, Aioli (gf) **£22.5**

Classic South Coast Mussels, Marinere Sauce, Sourdough **£20**

Pan Fried Seabass Fillets, Crushed New Potatoes, Greens, Fennel Salad, Chive Velouté (gf) **£22.5**

8oz Fillet Steak, Seasonal Greens, Grilled Tomato, Chunky Chips (gf) **£35**

Add Peppercorn Sauce **£4** | Add Tempura Prawns **£5**

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

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

Lighthouse Burgers **£17.5**

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

Choose from:

Butcher's Beef Burger, Burger Sauce

BBQ Pulled Pork Burger, Red Pepper Hummus

Buffalo Chicken Burger, Ranch Dressing

Moving Mountain Vegan Burger, Burger Sauce (ve)

Why not add? 🍷

Bacon | Chorizo | Cheddar | Applewood Vegan Cheese **£1.5** each

Blue Cheese **£2.5** | Extra Patty **£5**

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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Fishy Board, Tempura Prawns + Sweet Chilli Sauce, Homemade Fish Goujons + Tartare, Crab + Dill Mayo, Pickled Shallots, Toasted Ciabatta **£25**

SIDES

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Seasonal Greens (gf) | Salad (gf) **All £4.5 Each**

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PUDS

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

Churros, Chocolate Sauce, Cinnamon Sugar (ve) **£7.5**

Passionfruit Cheesecake, Mango Sorbet **£8**

Giant Profiterole, Fresh Berries, Chocolate Sauce **£8.25**

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 Tequila, Cointreau, Coconut Syrup, Pineapple Juice **£11**

Raspberry Caipirinha, Cachaca, Sugar Syrup, Fresh Lime, Raspberries **£10.5**

Cherry Bakewell, Disaronno, Bacardi, Carmel Syrup, Cherry Juice **£11**

Lighthouse Breeze, JJ Whitley Vodka, Pear + Elderflower Syrup, Lemon, Cucumber, Soda **£10.75**

Hazy Horizon, Woodford Reserve, Sugar Syrup, Lemon Wedge, Fresh Mint **£10.5**

Strawberry Kiss, Strawberry Vodka, St Germain, Sugar Syrup, Lemon Juice, Strawberries, Prosecco **£11**

Rosemary + Blackberry Bramble, Flip Flop Gin, Crème de Mure, Rosemary + Blackberry Gomme, Lemon Juice **£10.5**

Ocean Wave, Tarquin's Raspberry Gin, Blue Curacao, Honey, Rosemary Leaves **£10.5**

Tequila Tide, Jose Cuervo Tequila, Cranes, Orange Juice, Citrus, Soda **£10.5**

Espresso Martini, Black Cow Vodka, Kahlua, Double Espresso **£11**

Passionfruit Mojito, Lambs Navy Rum, Passsoa, Passionfruit Puree, Lime, Mint, Sugar Syrup, Soda **£10.75**

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
Arena Negra Sauvignon Blanc , <i>Chile</i>	£7.25	£8.45	£24.5
Arena Negra Chardonnay , <i>Chile</i>	£7.25	£8.45	£24.5
Ancora Pinot Grigio , <i>Italy</i>	£7.25	£8.45	£24.5
Whale Watcher Sauvignon Blanc <i>New Zealand</i>	£9.3	£10.8	£31.5

RED

	175ml	250ml	Bottle
Arena Negra Merlot , <i>Chile</i>	£7.25	£8.45	£24.5
Le Fou Pinot Noir , <i>France</i>	£8.6	£9.95	£29
Bellefontaine Malbec , <i>France</i>	£8.9	£10.3	£30

ROSÉ

	175ml	250ml	Bottle
Arena Negra Rosé , <i>Chile</i>	£7.25	£8.45	£24.5
Burlesque White Zinfandel , <i>California</i>	£7.25	£8.45	£24.5
Edalise Provence Rosé , <i>France</i>	£9.65	£11.8	£35

FIZZ

Mini Prosecco (200ml)	£10
Brut or Rosé available	
Prosecco	£30.5