



WELCOME TO
HARBOUR LIGHTS
 AT
LOOK & SEA

DAYTIME
MENU

Please find a vacant table, note its number and place your order at the counter, your order will be brought to you. As all our food is freshly prepared to order there may be a delay during busy periods, your patience is appreciated.

Harbour Lights Café and Restaurant
 Fisherman's Quay, Surrey Street, Littlehampton BN17 5AW
 Tel: 01903 718984
www.lookandsea.co.uk

DESSERTS

PLEASE SEE OUR DESSERT SPECIALS BOARD FOR TODAY'S DESSERT SELECTION

SPECIALITY ICE CREAMS & SORBETS

Delicious Mackies ice cream from a small Scottish farm uses only the freshest milk and double cream from its own cows, and no artificial additives.

Strawberries & Cream	Peaches & Cream
Dairy Vanilla	Rum & Raisin
Absolutely Chocolate	Butterscotch
Blackcurrant & Liquorice	Strawberry & Raspberry Sorbet
Two Scoops	£2.95
Three Scoops	£3.95

SIDE DISHES

Dressed Salad	£2.50
Chips	£2.25
Cheesy Chips	£2.75
Garlic Bread	£1.95
Garlic Bread with Cheese	£2.50
Selection of Vegetables	£2.50
Roll and Butter	95p
Onion Rings	£1.50

KIDS SELECTION

under 12s only

Lasagne, Chips and Salad	£4.95
Golden Whale, Chips and Beans	£4.50
Beef Burger, Chips and Beans	£4.50
Sausages, Mash and Peas	£4.50
Jacket Potato with Cheese and Salad	£3.95
Vanilla Ice Cream with toppings	£2.50

BEVERAGES

Pot of Tea for one	£1.40	
Speciality Tea	£1.40	
Filter Coffee	£1.40 reg	£1.80 large
Cappuccino	£1.80 reg	£2.15 large
Latte	£1.90 reg	£2.30 large
Espresso	£1.35 single	£1.70 double
Hot Chocolate	£1.80	£2.25 with cream & flake

Selection of cold drinks available from 95p

ALCOHOLIC BEVERAGES

Wine	175ml	250ml	Bottle
House White or Red	£2.80	£3.95	£10.75
Chardonnay	£3.10	£4.25	£11.75
Pinot Grigio	£3.50	£4.75	£12.95
	175ml	200ml	Bottle
Rosé	£3.50	£4.75	£12.95

Full wine list available on request

Beer

Draught Becks Vier	1/2 Pint £1.60	Pint £3.05
Budweiser 330ml		£2.95
Stella Artois 330ml		£2.95
Arundel Gold 500ml		£3.25
Magners Cider 330ml		£2.95

BREAKFAST

Served daily until 12 noon

Harbour Full English <i>Fried or poached egg, 2 slices Sussex matured bacon, local sausage, tomato, fried potatoes, mushrooms, beans and toast</i>	£6.75
Vegetarian Option (v)	£5.95
Harbour Lighter Breakfast <i>Fried or poached egg, bacon, sausage and beans</i>	£3.95
Harbour Breakfast Omelette <i>Three egg omelette filled with sausage, tomato, bacon and mushrooms</i>	£4.95
Harbour Eggs Benedict <i>Honey roast ham with 2 poached eggs and hollandaise sauce on toasted ciabatta</i>	£4.95
Brunch Burger <i>4oz beef burger topped with bacon and fried egg</i>	£3.95
Scrambled or Poached Eggs on Toast	£3.95
Baked Beans on Toast	£3.50
French Toast (with Bacon and Maple Syrup)	£4.50
Bacon Sandwich	£3.50
Sausage Sandwich	£3.50
Egg and Bacon Sandwich	£3.95
Cereal	£1.60
Toast and Marmalade	90p

SANDWICHES

Served on white or seeded brown bread with a lightly dressed salad and crisps

Prawns in Seafood Sauce	£5.50
Mature Cheddar and Tomato	£4.95
Honey Baked Roast Ham with Lettuce and Tomato	£4.95
Smoked Salmon with Cream Cheese	£5.95
Tuna, Roasted Pepper, Sweetcorn and Mayo	£4.95
Fresh Local Crab (when available)	£5.95
Shaved Pastrami, Gherkin and Mustard	£5.95
Free Range Egg and Mayo (v)	£4.95
Humous, Roasted Mediterranean Vegetables and Goats Cheese	£4.95
Add a handful of Chips	£1.00

WRAPS

All served with salad and a handful of chips

Chicken, Bacon, Avocado and Chilli Mayonnaise	£6.95
Roasted Mediterranean Vegetable and Goats Cheese	£6.95
Chicken, Chorizo, Lettuce and Tomato	£6.95
Pastrami, Gherkin, Salad and Lemon Mayonnaise	£6.95

STARTERS OR LIGHT BITES

Soup of the Day with Roll and Butter	£3.95
Sussex Smokie <i>Smoked haddock and prawns in a cheese sauce with toasted ciabatta and salad</i>	£5.75
Classic Prawn Cocktail <i>Served on bed of mixed leaves with brown bread and butter</i>	£4.95
Herb and Cheese Omelette <i>Mature cheddar, fine herbs and red onion omelette with salad, add a handful of chips for £1</i>	£4.75
Tempura King Prawns <i>Three battered king prawns with salad and plum sauce dip</i>	£4.95
Spinach & Goats Cheese Bruschetta <i>Spinach, tomatoes, sliced olives and melted goats cheese on toasted ciabatta with salad and onion chutney</i>	£5.75
Crispy Coated Whitebait <i>With lemon mayonnaise dip and salad</i>	£4.95

DRESSED SALADS AND PLATTERS

Roasted Chicken and Bacon Caesar Salad <i>Warm roasted chicken and smoked bacon with caesar salad, shaved parmesan cheese and croutons</i>	£6.95
Prawn and Avocado Salad <i>Fresh avocado with prawns dressed in a seafood sauce with mixed salad</i>	£7.50
Fresh Local Crab Salad (when available) <i>Fresh locally caught crab meat served in a shell with mixed salad and coleslaw</i>	£10.95
Smoked Salmon and Prawn Platter <i>Lightly smoked salmon and fresh prawns served with mixed salad, seafood sauce and brown bread and butter</i>	£8.95
Ploughman's Lunch <i>Fresh salad with pickled onions, Branston pickle, coleslaw, apple, bread</i> <i>Choose from Cheddar, Stilton, Brie, ham or sausages</i>	£6.95
Greek Meze Platter <i>Feta cheese, taramasalata, houmous, tzatziki, olives salad and warm pitta bread</i>	£6.95

JACKET POTATOES

Oven cooked daily served with a lightly dressed salad

Mature Cheddar Cheese & Tomato Relish	£5.75
Cheese & Beans	£5.75
Prawns in Seafood Sauce	£6.50
Tuna, Sweetcorn, Roasted Peppers and Mayo	£6.50
Smoked Salmon and Cream Cheese	£6.95
Mediterranean Vegetable and Goats Cheese	£5.95
Sweet Chilli Chicken	£5.75
Baked Beans & Sausage	£5.95

PANINIS

Italian style baguette grilled and served hot with lightly dressed salad and crisps

Mature Cheddar and Tomato	£5.50
Home Baked Roast Ham and Tomato	£5.50
Tuna, Peppers, Sweetcorn and Melted Cheese	£5.50
Shaved Pastrami, Gherkin and Mustard	£5.50
Smoked Bacon, Brie and Sweet Chilli Jam	£5.50
Tomato, Mozzarella and Pesto	£5.50
Add a handful of Chips	£1.00

GOURMET BURGERS

All our 6oz beef burgers are from British beef and served in a floured bap with crisp salad leaves and mayonnaise accompanied by chips and mixed salad.
Enjoy our relish tray to add even more flavour to your meal.

Cheese & Bacon Burger <i>Beef burger topped with bacon and melted mature Cheddar with crunchy slices of gherkin</i>	£7.95
Mexican Burger <i>Beef burger topped with sour cream, spicy salsa and jalapenos</i>	£7.95
Barbeque Burger <i>Beef burger topped with fried onions and barbeque sauce</i>	£7.95
Plain Jane Burger <i>Beef burger with fried onions only</i>	£7.50
Blue Burger <i>Beef burger topped with blue cheese, red onion and bacon</i>	£7.95
Chicken Burger <i>Chicken breast with fried onion</i>	£7.50
Veggie Burger <i>Veggie burger made from lentils, carrot, courgettes mushrooms, Gruyere cheese and nuts</i>	£7.50

MAIN MEALS

Fish & Chips <i>Freshly battered boneless, skinless fish fillet with tartare sauce, chips and peas or salad</i>	£6.95
Corned Beef Hash <i>Our famous hash topped with melted cheese, served with chips and salad</i>	£6.95
Seafood Florentine <i>Haddock, prawns and salmon on a bed of spinach topped with potato and covered in melted cheese served with a medley of fresh vegetables</i>	£7.50
Steak & Kidney Pudding <i>Slow cooked steak and kidney in a rich gravy, encased in vegetable suet with fresh vegetables and choice of potatoes</i>	£7.50
Lasagne <i>Our version of this classic dish served with garlic bread and mixed salad</i>	£7.50
Whitby Scampi <i>Wholesale scampi in a light batter with tartare sauce, chips and peas</i>	£7.95
Thai Fishcakes <i>Thai spiced cod and prawn fishcakes with a sweet chilli dip, chips and salad</i>	£7.50
Ham and Eggs <i>Home baked ham, 2 free range eggs served with chips and peas or salad</i>	£7.50
Shepherds Pie <i>Minced lamb and vegetables topped with mashed potato and melted cheese with a medley of vegetables</i>	£7.50
Sausages & Mash <i>A selection of three sausages in onion gravy with sage mash and a medley of vegetables</i>	£7.50
Curry of the Day <i>See specials board. Served with pilau rice, naan bread and mango chutney. Vegetarian option available</i>	£7.50
Liver & Bacon Casserole <i>Tender lambs liver and smoked bacon casserole with your choice of potatoes and a medley of vegetables</i>	£7.50
Cannelloni (v) <i>Pasta filled with spinach and ricotta cheese, baked in tomato and béchamel sauce and finished with fresh Parmesan, served with garlic bread and salad</i>	£7.75

SEE BLACKBOARD FOR TODAY'S SPECIALS

Traditional Sunday Roast £7.95
Served from 12 noon every Sunday