

## DESSERTS

All our desserts are freshly homemade and are served with either specialist ice creams, pouring cream or piping hot creamy custard

Seasonal Fresh Fruit Crumble	£4.50
Sticky Toffee Pudding	£4.50
<i>Served with double clotted cream and lashings of our own toffee sauce</i>	
Light Vanilla and Lemon Zest Parfait	£4.50
<i>Served with crumbly shortbreads</i>	
Classic Crème Brûlée	£4.50
Apple Tarte Tatin	£4.50
Baked Banoffee Cheesecake	£4.50
Warm Rich Chocolate Brownie	£4.50

## SPECIALITY ICE CREAMS

Delicious original recipe ice creams made with the very finest British dairy cream.

2 scoops £3.50 3 scoops £4.50

Chocolate Ripple	Strawberries & Cream
Bubble & Pop	Caribbean Rum & Raisin
Rhubarb & Custard	Cinder Toffee
Bourbon Vanilla	Mango Sorbet

## SIDE DISHES

Dressed Salad	£2.50
Chips	£2.50
Cheesy Chips	£2.95
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 Tiddlers, 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	£1.60
Speciality Tea	£1.60
Filter Coffee	£1.60 reg £1.95 large
Cappuccino	£1.95 reg £2.30 large
Latte	£1.95 reg £2.40 large
Mocha	£1.95 reg £2.40 large
Espresso	£1.40 single £1.80 double
Hot Chocolate	£1.95 £2.40 with cream & flake
Milk Shake	£2.25
Iced Coffee	£2.25

## ALCOHOLIC BEVERAGES

Wine	175ml	250ml	Bottle
House White or Red	£2.95	£4.30	£11.95
Chardonnay	£3.40	£4.55	£12.95
Pinot Grigio	£3.75	£4.95	£13.95
Rosé	£3.75	£4.95	£13.95

Full wine list available on request

Beer		
Draught Becks Vier	1/2 Pint £1.70	Pint £3.30
Budweiser 330ml		£2.95
Stella Artois 330ml		£2.95
Arundel Gold 500ml		£2.95
Magners Cider 330ml		£2.95



# 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

## BREAKFAST

Served daily until 12 noon

<b>Harbour Full English</b> <i>Fried or poached egg, 2 bacon, sausage, tomato, beans, mushrooms, fried potatoes and toast</i>	£6.95
<b>Vegetarian Full English</b> <i>2 Fried or poached eggs, 2 vegetarian sausages, tomato, beans, mushrooms, fried potato and toast</i>	£6.95
<b>Harbour Lighter Breakfast</b> <i>Fried or poached egg, bacon, sausage and beans</i>	£3.95
<b>Harbour Breakfast Omelette</b> <i>Three egg omelette filled with sausage, tomato, bacon and mushrooms, add a handful of chips for £1.00</i>	£5.50
<b>Eggs Benedict</b> <i>Honey roast ham with 2 poached eggs and hollandaise sauce on toasted bloomer</i>	£5.50
<b>Eggs Royale</b> <i>2 Poached eggs and smoked salmon on toasted bloomer</i>	£5.95
<b>Scrambled or Poached Eggs on Toast</b>	£3.95
<b>Baked Beans on Toast</b>	£3.50
<b>French Toast (with Bacon and Maple Syrup)</b>	£4.95
<b>Bacon Sandwich</b>	£3.50
<b>Sausage Sandwich</b>	£3.50
<b>Egg and Bacon Sandwich</b>	£3.95
<b>Cereal</b>	£1.60
<b>Toast and Marmalade</b>	90p

## SANDWICHES

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

Add a handful of chips for £1.00

<b>Prawns in Seafood Sauce</b>	£5.95
<b>Mature Cheddar and Tomato</b>	£4.95
<b>Honey Baked Roast Ham with Lettuce and Tomato</b>	£4.95
<b>Rare Roast Beef with horseradish and rocket</b>	£5.95
<b>Smoked Salmon with Cream Cheese</b>	£6.50
<b>Tuna, Roasted Pepper, Sweetcorn and Mayo</b>	£5.95
<b>Fresh Local Crab (when available)</b>	£M.P
<b>Free Range Egg and Mayo (v)</b>	£4.95
<b>Humous, Roasted Mediterranean Vegetables and Goats Cheese</b>	£4.95

## STARTERS OR LIGHT BITES

<b>Soup of the Day with Roll and Butter</b>	£4.50
<b>Sussex Smokie</b> <i>Smoked haddock and prawns in a cheese sauce with toasted bread and salad</i>	£6.50
<b>Classic Prawn Cocktail</b> <i>Served on bed of mixed leaves with brown bread and butter</i>	£5.95
<b>Herb and Cheese Omelette</b> <i>Mature cheddar, fine herbs and red onion omelette with salad, add a handful of chips for £1.00</i>	£5.95
<b>Spinach &amp; Goats Cheese Bruschetta</b> <i>Spinach, tomatoes, sliced olives and melted goats cheese on toasted bread with salad and onion chutney</i>	£6.50
<b>Crispy Coated Whitebait</b> <i>With lemon mayonnaise dip and salad, add a handful of chips for £1.00</i>	£5.95
<b>Creamy Stilton Mushrooms</b> <i>Served on toasted bloomer</i>	£5.95
<b>Charcuterie Platter</b> <i>Italian cured meats, caper berries, gherkins, sun blushed tomatoes, houmous, mint tzatziki and mixed olives with salad and bread</i>	£7.95
<b>Greek Meze Platter</b> <i>Feta cheese, taramasalata, houmous, tzatziki, olives, salad and warm pitta bread</i>	£7.50

## DRESSED SALADS

<b>Roasted Chicken and Bacon Caesar Salad</b> <i>Warm roasted chicken and smoked bacon with caesar salad, shaved parmesan cheese and croutons</i>	£7.95
<b>Fresh Local Crab Salad (when available)</b> <i>Fresh locally caught crab meat served in a shell with mixed salad and coleslaw</i>	£M.P
<b>Confit of Duck Salad</b> <i>Confit Duck leg salad with raspberry vinaigrette</i>	£8.95
<b>Blue Cheese Salad</b> <i>Blue cheese, pear and walnut salad</i>	£7.95
<b>Ploughman's Lunch</b> <i>Fresh salad with pickled onions, pickle, coleslaw, apple and warm bread Choose from Cheddar, Stilton, Brie or Ham</i>	£7.95

## JACKET POTATOES

Oven cooked daily served with a lightly dressed salad

<b>Mature Cheddar Cheese &amp; Sweet Onion Chutney</b>	£6.50
<b>Cheese &amp; Beans</b>	£6.50
<b>Prawns in Seafood Sauce</b>	£6.95
<b>Tuna, Sweetcorn, Roasted Peppers and Mayo</b>	£6.95
<b>Smoked Salmon and Cream Cheese</b>	£7.50
<b>Sweet Chilli Chicken</b>	£6.50
<b>Delicious Blue Cheese, Pear and Walnut</b>	£6.50

## PANINIS

Italian style baguette grilled and served hot with lightly dressed salad and crisps Add a handful of chips for £1.00

<b>Mature Cheddar and Tomato</b>	£5.95
<b>Home Baked Roast Ham and Tomato</b>	£5.95
<b>Shaved Pastrami, Gherkin and Mustard</b>	£5.95
<b>Smoked Bacon, Brie and Sweet Chilli Jam</b>	£5.95
<b>Tomato, Mozzarella and Pesto</b>	£5.95
<b>Ham, Gruyère Cheese and Tomato</b>	£5.95

## GOURMET BURGERS

All our homemade 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.

<b>Cheese &amp; Bacon Burger</b> <i>Beef burger topped with bacon and melted mature Cheddar with crunchy slices of gherkin</i>	£8.95
<b>Mexican Burger</b> <i>Beef burger topped with sour cream, spicy salsa and jalapenos</i>	£8.95
<b>Barbeque Burger</b> <i>Beef burger topped with fried onions and barbeque sauce</i>	£8.50
<b>Plain Jane Burger</b> <i>Beef burger with fried onions only</i>	£7.95
<b>Blue Burger</b> <i>Beef burger topped with blue cheese, red onion and bacon</i>	£8.50
<b>Veggie Burger</b> <i>Veggie burger made from onion, garlic, pulses and breadcrumbs</i>	£7.95

## MAIN MEALS

<b>Fish &amp; Chips</b> <i>Freshly beer battered boneless, skinless fish fillet with tartare sauce, chips and peas or salad</i>	£7.95
<b>Seafood Florentine</b> <i>Haddock, prawns and salmon on a bed of spinach topped with sliced potato and covered in melted cheese served with a medley of fresh vegetables</i>	£7.95
<b>Lasagne</b> <i>Our version of this classic dish served with garlic bread and mixed salad</i>	£8.50
<b>Seafood Platter</b> <i>Scallops, cod, scampi and haddock deep fried in a light breadcrumb with tartare sauce, chips and peas or salad</i>	£8.50
<b>Ham and Eggs</b> <i>Home baked ham, 2 free range eggs served with chips and peas or salad</i>	£7.95
<b>Homemade Fish Cakes</b> <i>Poached salmon, smoked haddock and cod fish cakes served with lemon mayo, chips and salad</i>	£8.50
<b>Hearty Cottage Pie</b> <i>Lean minced beef and garden peas topped with creamy mashed potato with a medley of seasonal vegetables</i>	£7.95
<b>Sausages &amp; Mash</b> <i>Traditional local sausages and mash served on a bed of buttery mashed potato, crispy deep fried leeks, seasonal vegetables and rich red onion gravy</i>	£7.95
<b>Chef's Curry of the Day</b> <i>Curry of the day served with basmati rice, naan bread and mango chutney</i>	£7.95
<b>Moroccan Lamb Meat Balls</b> <i>Moroccan lamb meat balls with spiced cous cous and vegetables tagine</i>	£8.50
<b>Vegetable Lasagne</b> <i>Rich roasted butternut squash and perpetual spinach lasagne served with mixed salad and garlic bread</i>	£7.95
<b>Chefs Pie of the Day</b> <i>With seasonal vegetables</i>	£7.95

**SEE BLACKBOARD  
FOR TODAY'S SPECIALS**

**Traditional Sunday Roast**  
*Served from 12 noon every Sunday*