

MORNING UNTIL MIDDAY

Chia & yoghurt pot, berry compote, coconut granola	5
Green superfood vegan bowl, flax, mixed seeds & goji berries	5.5
Toast & crumpets, butter, house-made jam	3.5
Fresh fruit salad, toasted seeds & mint	4
Lambton & Jackson smoked salmon, crushed avocado on rye	8
Eggs Benedict	9.5
Crushed avocado on toast, poached eggs & herbs	9.5
2 poached or scrambled eggs on toasted rye bread	6.5
The Lighterman Full English	11

SIDES 2.5

Cherry tomatoes	Field mushrooms	Streaky bacon
Avocado salsa		Cumberland sausage

MIDDAY UNTIL 4PM

STARTERS

Goat's cheese on toast, tomato chutney & broad beans (v)	8.5
Crispy squid, chilli & lime	8.5
Short rib croquettes, black pepper crème fraîche & radishes	11
Homemade Scotch egg, smoked paprika & mustard mayo	6.5

FLATBREADS

ORGANIC SPELT FLOUR - ARRIVES WHEN READY

Tomato, oregano, mozzarella & garlic (v)	7.5
Feta, charred red peppers, artichokes & black olives (v)	8.5
Spicy English sausage, smoked mozzarella & red onions	9

SALADS

Superfood salad, alfalfa sprouts, avocado, mint buttermilk dressing (v)	9.5
Grilled chicken, boiled egg, cherry tomatoes, fresh peas & coriander	13

SUNDAY ROAST

ALL DAY SUNDAY SERVED WITH ALL THE TRIMMINGS

English chicken 18.5 / Rolled pork belly & crackling 19.5 / Dry-aged beef 22.5

MAINS

Crushed avocado on toast, poached eggs & herbs (v) (add bacon +2.5)	9.5
Beer battered fish & chips, house tartare & crushed peas	15
Chicken & mushroom pie, gravy & brassicas	15
Dry-aged ribeye, skin-on-fries & Béarnaise	27
Beef burger, red onions, smoked Applewood cheddar & BBQ mayo	14
Chicken breast burger, lemon & thyme hummus, spinach, bacon	13.5
Sweet potato burger, halloumi, cucumber, coriander & yoghurt (v)	10.5

All burgers served with skin-on-fries

SIDES 3.5

Skin-on-fries	Baby gem, tomato & red	Steamed seasonal veg
Sweet potato fries	onion salad, balsamic	

PUDDING 6.5

Yoghurt panna cotta, poached rhubarb, juniper & almond crumble
Sticky toffee pudding, vanilla ice cream
Strawberry pavlova
Treacle tart, clotted cream
Dark chocolate fondant, salted caramel ice cream
Ice creams & sorbets 1.5 ea
Cheese of the day, sourdough

An optional 12.5% service charge will be added to your bill. Please inform us if you have any dietary or allergen requirements.

THE
LIGHTERMAN
3 Granary Square, London N1C 4BH
020 3846 3400 thelighterman.co.uk

We use local British produce whenever possible & all our fish & crustacea are from sustainable sources.

MORNING SHARPENERS BECAUSE IT'S 5 O'CLOCK SOMEWHERE!

BLOODY MARY, Russian standard vodka, house spiced tomato juice	8.5
BUCK'S FIZZ, freshly squeezed orange juice, Nino Franco Prosecco	8.5
PEACH BELLINI, fresh peach pureé, Nino Franco Prosecco	8.5
SPRING CUP, Sipmith London Cup, lemonade, cucumber & lemon verbena	7.5
CORPSE REVIVER #2, Bombay Sapphire, Cointreau, Lillet Blanc, Absinthe	9
THE AXIS, Belsazar white, Limoncello, Yuzu sake, lemon tonic	9
BAD-EN-BOLD, Belsazar rosé, Maraska, Bold aperitif, Mediterranean tonic	9
PECHE MODE, Belsazar white, Crème de Pêche, lemon tonic	9
KING'S SPRITZ, Belsazar rosé, Crème de Mure, lemon & Prosecco	9.5
TOWPATH RAMBLE, Bacardi Carta Oro, Crème de Mure, raspberry	10

CHAMPAGNE & SPARKLING (125ml / Bottle)

NV Prosecco, 'Rustico', Nino Franco, Brut, Veneto, ITA	7.5 / 38
NV Billecart-Salmon, 'Brut Réserve', Brut, Champagne, FRA	12 / 60
NV Gratiot-Pillièrre, Brut Rosé, Champagne, FRA	12.5 / 65

WHITE (175ml / Bottle)

2015 Vermentino, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2014 Verdejo, 'Quintaluna', Ossian, Rueda, ESP	6.5 / 26
2012 Sauvignon Blanc, Levin, Loire Valley, FRA	8 / 32
2016 Chenin Blanc / Viognier / Grenache Blanc, Mother Rock, Swartland, RSA	10 / 43
2015 Chardonnay, Bourgogne Blanc, 'Les Forgets', P.Javillier, Burgundy, FRA	13 / 54

ROSE (175ml / Bottle)

2015 Cinsault, 'Arcades', Château Fontainebleau, Provence, FRA	6.5 / 26
2014 'Rosato di Fonterenza', Fonterenza, Tuscany, ITA	9.5 / 40
2015 Côteaux d'Aix-en-Provence, Château La Coste, Provence, FRA (magnum)	82

RED (175ml / Bottle)

2015 Grenache / Cabernet, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2015 Monastrell, Casa Castillo, Jumilla, ESP	8.5 / 35
2013 Malbec, Cahors, 'Le Combal', Domaine Cosse Maisonneuve, South West, FRA	9.5 / 40
2014 Priorat, 'Lo Tumilet', Bodegas Abanico, Cataluña, ESP	11.5 / 48
2012 Pinot Noir, Hautes-Côtes de Nuits, V.V., M. Olivier, Burgundy, FRA	13 / 54

Please ask for our full wine list
125ml available upon request

FRESHLY SQUEEZED JUICES

Orange	4
Golden beetroot, orange & pear	4
Apple, cucumber & celery	4
Carrot, apple & ginger	4

JUICES

Chegworth Valley Cox & Bramley apple juice	3.5
Chegworth Valley pear juice	3.5

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