

FRUIT & GRAINS

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| Chia & yoghurt pot, berry compote & coconut granola..... | 5 |
| Green superfood vegan bowl, flax, mixed seeds & goji berries..... | 5.5 |
| Rolled oats, blueberries & maple syrup..... | 4 |
| Fresh fruit salad, toasted seeds & mint..... | 4 |

TOASTED & BAKED

| | |
|---|-----|
| Toast & crumpets, butter & house-made jam..... | 3.5 |
| Lambton & Jackson smoked salmon, crushed avocado on rye..... | 8 |
| Banana & pecan bread, maple butter, caramelised banana..... | 7.5 |

PANCAKES BUTTERMILK & WHOLEMEAL

| | |
|---------------------------------------|------|
| with butter & maple syrup..... | 8 |
| with maple syrup & bacon..... | 9.5 |
| with fruit compote & lime yoghurt.... | 10.5 |

SIDES 2.5

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| Garlic & thyme roasted field mushrooms |
| Crushed avocado, chilli, lime & chives |
| Cherry tomatoes on the vine |
| Streaky bacon |
| Cumberland sausages |
| Classic baked beans |

LIGHTERMAN FULL ENGLISH 11

2 free range eggs (poached or fried)
Cumberland sausage, field mushrooms,
cherry tomatoes & baked beans

FREE-RANGE EGGS

| | |
|---|------|
| Crushed avocado on toast, poached eggs & herbs..... | 9.5 |
| 2 eggs served any style, on toasted rye bread..... | 6.5 |
| Cherry tomato baked eggs, avocado & toast..... | 8.5 |
| Bacon & mushroom baked eggs, feta, truffle..... | 9 |
| Fresh ricotta omelette, lemon & herbs..... | 8.5 |
| Smoked salmon omelette, avocado & cream cheese..... | 9 |
| Bacon & egg roll, toasted brioche bun & brown sauce..... | 6.5 |
| 2 poached eggs on toasted brioche with hollandaise | |
| English ham "Benedict"..... | 9.5 |
| Smoked salmon "Royale"..... | 10.5 |
| Spinach "Florentine"..... | 8.5 |

'BREKKIE' FLATBREADS

| | |
|---|-----|
| Smoked cheddar, bacon, Worcestershire sauce & fried egg..... | 8.5 |
| House-made ricotta, cinnamon, grapes & honey..... | 7.5 |

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 4BE
020 3846 3400 thelighterman.co.uk

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

MORNING COCKTAILS (ALL 8.5)

Bloody Mary
Buck's Fizz
Peach Bellini

SMOOTHIES (ALL 5)

Morning Haze - Orange, lime, oats, yoghurt
Lighterman Lilt - Mango, pineapple, nutmeg, coconut water
Berry Bakewell - Red grapes, mixed berries, peach, almond milk

FRESHLY SQUEEZED JUICES (ALL 4)

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

JUICES (ALL 4)

Cranberry juice, pineapple juice, pink grapefruit juice
Chegworth Valley Cox & Bramley apple juice
Chegworth Valley pear juice
Jax Coco coconut water

TEA

TEAHOUSE EXCLUSIVES (ALL 3)

English Breakfast / Earl Grey
Green / Jasmine
Fresh Mint / Pure Chamomile

JARR (ALL 5)

Kombucha Ginger
Kombucha Passion Fruit

COFFEE (READS COFFEE)

Espresso - Single & Double 2.5
Cappuccino - Latte - Macchiato - Americano 3

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