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## FRUIT & GRAINS

Chia pot, kiwi, green apple  
& caramelised nuts..... 5

Super berry vegan bowl,  
banana & toasted coconut..... 5.5

Overnight oats, blueberries,  
nuts, apricots & pomegranate..... 4

Fresh fruit salad,  
toasted seeds & mint..... 4

Energy bowl,  
granola & goji berries, mixed seeds,  
homemade jam, natural yoghurt..... 5

## TOASTED & BAKED

Toast & crumpets,  
butter & house-made jam..... 3.5

Lambton & Jackson smoked salmon,  
crushed avocado on rye..... 8

Croque monsieur (add fried egg 3)..... 10

Smoked cheddar & bacon flatbread,  
Worcestershire sauce & fried egg..... 8.5

## WAFFLES

with butter & maple syrup..... 8

with fruit compote & lime yoghurt.... 10.5

## FREE-RANGE EGGS

Crushed avocado on toast,  
poached eggs & herbs..... 9.5

2 eggs served any style,  
on toasted rye bread..... 6.5

Creamed spinach baked eggs,  
mushrooms, feta & toast..... 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

## SIDES 2.5

Garlic & thyme roasted field mushrooms

Crushed avocado, chilli, lime & chives

Cherry tomatoes on the vine

Streaky bacon

Cumberland sausages

Classic baked beans

### THE LIGHTERMAN FULL ENGLISH 11


Poached free range eggs,  
Cumberland sausage, streaky bacon,  
field mushrooms, cherry tomatoes  
& baked beans

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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.



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## MORNING COCKTAILS (ALL 8.5)

Bloody Mary, Russian standard vodka, house spiced tomato juice  
Buck's Fizz, freshly squeezed orange juice, Nino Franco Prosecco  
Peach Bellini, fresh peach pureé, Nino Franco Prosecco

## 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

### CANTON TEA (ALL 3)

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

### 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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