

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 sausages
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MIDDAY UNTIL 4PM

STARTERS

Burrata, heritage tomatoes & pea salad, toasted seeds (v)	9.5
Crispy squid, chilli & lime	8.5
Short rib croquettes, black pepper crème fraîche & radishes	11
House-made Scotch egg, apple & cider chutney	7

FLATBREADS ORGANIC SPELT FLOUR - ARRIVES WHEN READY

Tomato, oregano, mozzarella & garlic (v)	7.5
Courgettes, ricotta & mint, chillies, herb crème fraîche (v)	8.5
Spicy English sausage, smoked mozzarella & red onions	9

SALADS

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

ALL DAY SUNDAY ROAST

English chicken 18.5 / Pork belly 19.5 / Dry-aged beef 22.5

Served with Yorkshire Pudding & all the trimmings

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 & leek pie, buttered baby carrots & gravy	15
Dry-aged ribeye, skin-on-fries & Béarnaise	27
Beef burger, red onions, cheddar & spiced tomato relish	15
Chicken breast burger, red pepper hummus, rocket & bacon	14
Sweet potato burger, baby gem, goat's cheese, beetroot mayo (v)	11.5
All burgers served with skin-on-fries	

SIDES 3.5

Skin-on-fries
Crisp lettuce, vinaigrette & herbs
Sweet potato fries
Steamed seasonal greens

PUDDING 6.5

Pimm's trifle
Sticky toffee pudding, vanilla ice cream
Strawberry pavlova
Apricot Bakewell tart & clotted cream
Warm chocolate brownie, peanut butter ice cream
Cheese of the day, sourdough
Ice creams & sorbets 1.5 ea

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 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
SUMMER 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
ALL THAT JAZZ-MINE, Bombay Sapphire Gin, jasmine, Crème de Pêche, tonic	8.5
PECHE MODE, Belsazar white, Crème de Pêche, lemon tonic	9
KING'S SPRITZ, Belsazar rosé, Crème de Mure, lemon & Prosecco	9.5
FROSÉ, Fontainebleau Rosé, Belsazar Vermouth, strawberry, basil & peppercorn	9.5
TOWPATH RAMBLE, Bacardi Carta Oro, Crème de Mure, raspberry	10

WINES BY THE GLASS

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 WINE

(175ML / BOTTLE)

2016 Vermentino, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2015 Verdejo, 'Quintaluna', Ossian, Rueda, ESP	6.5 / 26
2015 Sauvignon Blanc, Levin, Loire Valley, FRA	8.5 / 35
2015 Pinot Gris, Domaine de Bellevue, Loire Valley, FRA	9.5 / 38
2015 Chardonnay, Mâcon-Farges, Vieilles Vignes, Perrusset, Burgundy, FRA	11 / 45

ROSÉ

(175ML / BOTTLE)

2016 Cinsault, Château Fontainebleau, Provence, FRA	7.5 / 30
2014 'Rosato di Fonterenza', Fonterenza, Tuscany, ITA	9.5 / 40
2015 Côteaux d'Aix-en-Provence, Château La Coste, Provence, FRA (magnum)	82

RED WINE

(175ML / BOTTLE)

2016 Grenache / Cabernet, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2015 Zinfandel, "Z", Craig Hawkins, Swartland, RSA (served chilled)	8 / 32
2014 Malbec, Cahors, 'Le Combal', Domaine Cosse Maisonneuve, South West, FRA	9.5 / 40
2015 Syrah - Mourvèdre, 'Campredon', Alain Chabanon, Languedoc, FRA	11.5 / 49
2012 Pinot Noir, Hautes-Côtes de Nuits, V.V., M. Olivier, Burgundy, FRA	13 / 54

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

FRESHLY SQUEEZED JUICES 4

Orange

Golden beetroot, orange & pear

Apple, cucumber & celery

Carrot, apple & ginger

JUICES 4

Chegworth Valley Cox & Bramley apple juice

Chegworth Valley pear juice

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