

## MORNING UNTIL MIDDAY

Chia pot, kiwi, green apple & caramelised nuts	5
Super berry vegan bowl, banana & toasted coconut	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, beetroot, chickpeas, honey mustard dressing (v)	10
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
Smoked ham hock and leek pie, sugarsnap peas, beans & gravy	15
Dry-aged ribeye, skin-on-fries & Béarnaise	27
Beef burger, onion ring, cheddar & sweet garlic mayo	15
Chicken breast burger, truffled cabbage & spinach slaw, streaky bacon	14
Pea & courgette burger, baby gem, goat's cheese, coriander hummus (v)	12
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

Lemon cheesecake, meringue
Sticky toffee pudding, vanilla ice cream
Apricot Bakewell tart & clotted cream
Strawberry & peach pavlova
Warm chocolate brownie, peanut butter ice cream
Cheese of the day
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!

FROSÉ, Fontainebleau Rosé, Belsazar Vermouth Rosé, strawberry, basil & peppercorn	9.5
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, Sipsmith London Cup, lemonade, cucumber, strawberry & mint	7.5
CORPSE REVIVER #2, Bombay Sapphire, Cointreau, Lillet Blanc, Absinthe	9

## SUMMERTIME SPRITZ

ALL THAT JAZZ-MINE, Bombay Sapphire Gin, jasmine, Crème de Pêche, tonic	8.5
THE AXIS, Belsazar white, Limoncello, Yuzu sake, lemon tonic	9
PÊCHE MODE, Belsazar white, Crème de Pêche, lemon tonic	9
KING'S SPRITZ, Belsazar rosé, Crème de Mure, lemon & Prosecco	9.5

## 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	7 / 28
2015 Rioja Blanco, 'Decenio', Bodegas Las Orcas, Rioja, ESP	7.5 / 30
2015 Sauvignon Blanc, Levin, Loire Valley, FRA	8.5 / 35
2015 Riesling, 'Classic', Framingham Estate, Marlborough, NZ	9 / 37
2015 Pinot Gris, Domaine de Bellevue, Loire Valley, FRA	9.5 / 38
2016 Viognier, 'La Valiere', Mas Nicot, Languedoc, FRA	10.5 / 42
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
2016 'Faustine', Comte Abbaticci, Corsica, FRA	50
2016 'Symphonie', Cru Classé, Château Sainte-Marguerite, Provence, FRA	55
2016 Bandol, Domaine Tempier, Provence, FRA	65
2015 Côteaux d'Aix-en-Provence, Château La Coste, Provence, FRA (Magnum)	85

### RED WINE

(175ML / BOTTLE)

2016 Grenache / Cabernet, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2013 Nebbiolo / Barbera, 'Le Marne', Isolabella della Croce, Monferrato, ITA	7 / 29
2015 Zinfandel, 'Z', Craig Hawkins, Swartland, RSA (served chilled)	8.5 / 34
2014 Carménère, 'Winemaker's Gran Reserva', Tamaya, Elqui Valley, CHI	9 / 38
2014 Malbec, Cahors, 'Le Combal', Domaine Cosse Maisonneuve, South West, FRA	9.5 / 40
2014 Merlot, Côtes de Bordeaux, 'Duc de Nauves', Château Le Puy, Bordeaux, FRA	10 / 41
2015 Syrah - Mourvèdre, 'Campredon', Alain Chabanon, Languedoc, FRA	11.5 / 49
2012 Pinot Noir, Hautes-Côtes de Nuits, 'Vieilles Vignes', 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

### CHEGWORTH VALLEY JUICES 4

Cox & Bramley apple juice  
Pear juice

Please ask if you would like to see our cocktail & beer card.

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