

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, poached free range eggs, Cumberland sausage, streaky bacon, field mushrooms, cherry tomatoes & baked beans.....	11

SIDES 2.5

Cherry tomatoes Field mushrooms Streaky bacon Avocado salsa Cumberland sausages

MIDDAY UNTIL 4PM

STARTERS

Burrata, heritage tomatoes, artichokes, confit lemon & toasted seeds (v).....	9.5
Crispy squid, chilli & lime.....	8.5
Lambton & Jackson smoked salmon, rye bread, avocado, cucumber & citrus dressing.....	11
House-made Scotch egg, apple & cider chutney.....	7

FLATBREADS ORGANIC SPELT FLOUR - ARRIVES WHEN READY

Tomato, oregano, mozzarella & garlic (v).....	7.5
Charred onions, goat's cheese & gorgonzola (v).....	9
Spicy English sausage, smoked mozzarella & red onions.....	9.5

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, aged cheddar, caesar 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
Roasted plums, honeycomb, granola & ricotta
Buttermilk panna cotta apricots & almonds
Warm chocolate brownie, salt caramel 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
2016 Rioja Blanco, 'Decenio', Bodegas Las Orcas, Rioja, ESP	7.5 / 30
2015 Sauvignon Blanc, Levin, Loire Valley, FRA	8.5 / 35
2015 Riesling, "Dajoar", Andreas Bender, Mosel, GER	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 'Symphonie', Cru Classé, Château Sainte-Marguerite, Provence, FRA	55
2016 'Faustine', Comte Abbaticci, Corsica, FRA	60
2016 Bandol, Domaine Tempier, Provence, FRA	65
2016 Côteaux d'Aix-en-Provence, Château La Coste, Provence, FRA (Magnum)	10.5 / 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
2015 Rioja, "Bicicleta Voladora", Quinta Milu, Rioja, ESP	9.5 / 39
2015 Merlot, Côtes de Bordeaux, 'Duc de Nauves', Château Le Puy, Bordeaux, FRA	10.5 / 43
2015 Syrah - Mourvèdre, 'Campredon', Alain Chabanon, Languedoc, FRA	11.5 / 49
2014 Pinot Noir, Côtes de Nuits, "Chaillots", Gachot-Monot, Burgundy, FRA	12 / 51

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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