

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
Pea & mint risotto balls, smoked tomato mayo (v)...7.5
Ham hock terrine, apple jelly, spiced chutney & toasted sourdough...9.5

FLATBREADS ORGANIC SPELT FLOUR - ARRIVES WHEN READY

Tomato, oregano, mozzarella & garlic (v)...7.5
Roast squash, goat's cheese, chilli & sage (v)...9
Spicy English sausage, smoked mozzarella & red onions...9.5

SALADS

Superfood, alfalfa sprouts, beetroot, chickpeas, honey mustard dressing (v)...10
Grilled chicken, soft boiled free range egg, cherry tomatoes, bacon, classic dressing...13.5

MAINS

Crushed avocado on toast, poached eggs & herbs (v) (add bacon 2.5)...9.5
Beer battered fish & chips, house tartare & crushed peas...15
British venison pie, glazed carrots & parsnips, gravy...15
Beef burger, aged Cheddar & sweet garlic mayonnaise...15
Chicken breast burger, Cheddar, avocado & streaky bacon...14.5
Pea & courgette burger, baby gem, goat's cheese, coriander hummus (v)...13
All burgers served with skin-on-fries

SIDES 3.5

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

SUNDAY ROAST

Castlemead free range chicken 18.5 | Dry-aged sirloin of beef 20 | Slow roasted pork belly 19.5

Served with Yorkshire pudding & all the trimmings

English field mushroom & blue cheese Wellington 15

Available from midday on Sundays

PUDDINGS 6.5

Sherry trifle, berries, almonds & gingerbread Christmas pudding baked Alaska
Sticky toffee pudding, vanilla ice cream Buttermilk panna cotta, apricots & almonds
Warm chocolate brownie, poached clementines, Cheese of the day
salted caramel sauce 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 4BH
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!

MULLED WINE Our house recipe with Belsazar vermouth & your favourite winter spices.....	6.5
MULLED CIDER Our house recipe with Sipsmith Sloe Gin & your favourite winter spices.....	7.5
WINTER CUP Sipsmith London Cup, Smoky Ginger Ale, orange, thyme, rosemary.....	7.5
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
CORPSE REVIVER #2, Bombay Sapphire, Cointreau, Lillet Blanc, Absinthe.....	9

SPRITZ

THE AXIS, Belsazar white, Limoncello, Yuzu sake, lemon tonic.....	9
KING'S SPRITZ, Belsazar rosé, Crème de Mure, lemon & Prosecco.....	9.5
SMOKING SCARLETT, Belsazar Red, Woodford Reserve, house spiced syrup, Smoky Ginger Ale....	11

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 Garnatxa Blanca, Herencia Altes, Terra Alta, ESP	7 / 28
2016 Verdicchio, 'Vigna di Gino', Fattoria San Lorenzo, Marche, ITA	8 / 32
2015 Sauvignon Blanc, Levin, Loire Valley, FRA	8.5 / 35
2015 Riesling, "Dajoar", Andreas Bender, Mosel, GER	9 / 37
2016 Grüner Veltliner, "Lössterrassen", Bründlmayer, Kremstal, AUT	9.5 / 38
2016 Viognier, Côtes du Rhône Blanc, "Clementia", Aphillantes, Rhône, 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
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)	85

RED WINE

(175ML / BOTTLE)

2016 Grenache/Cabernet, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2014 Nebbiolo/Barbera, 'Le Marne', Isolabella della Croce, Monferrato, ITA	7 / 29
2016 Côtes du Rhône, 'L'O du Joncier', Domaine du Joncier, Rhône, FRA	8.5 / 35
2014 Carménère, 'Winemaker's Gran Reserva', Tamaya, Elqui Valley, CHI	9 / 38
2015 Rioja, "Bicicleta Voladora", Quinta Milu, Rioja, ESP	10 / 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
2015 Barbera/Syrah/Cabernet, 'King's Cross', London Cru, ENG	13 / 55

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

FRESHLY SQUEEZED JUICES 4

Orange
Beetroot, red apple & pear
Apple, kiwi, kale & pear
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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