

## FRUIT & GRAINS

Chia & yoghurt pot,  
berry compote & coconut granola.....5

Green superfood vegan bowl,  
flax, mixed seeds & goji berries.....5.5

Rolled oats,  
blueberries & maple syrup.....4

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

## TOASTED & BAKED

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

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

Banana & pecan bread,  
maple butter, caramelised banana.....7.5

## PANCAKES BUTTERMILK & WHOLEMEAL

with butter & maple syrup.....8

with maple syrup & bacon.....9.5

with fruit compote & lime yoghurt.....10.5

## SIDES 2.5

Garlic & thyme roasted field mushrooms

Crushed avocado, chilli, lime & chives

Cherry tomatoes on the vine

Streaky bacon

Cumberland sausage

Classic baked beans

## LIGHTERMAN FULL ENGLISH 11

2 free range eggs (poached or fried)  
Cumberland sausage, field mushrooms,  
cherry tomatoes & baked beans

## FREE-RANGE EGGS

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

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

Cherry tomato baked eggs,  
avocado & croutons.....8.5

Bacon & mushroom baked eggs,  
feta, truffle.....9

Fresh ricotta omelette,  
lemon & herbs.....8.5

Smoked salmon omelette,  
avocado & cream cheese.....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

## 'BREKKIE' FLATBREADS

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

House-made ricotta,  
cinnamon, grapes & honey.....7.5

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](http://thelighterman.co.uk)

We use local British produce  
whenever possible & all our  
fish & crustacea are from  
sustainable sources.

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## MORNING COCKTAILS

Bloody Mary	8.5
Buck's Fizz	8.5
Peach Bellini	8.5

## SMOOTHIES (ALL 5)

Morning Haze - Orange, lime, oats, yoghurt	
Lighterman Lilt - Mango, pineapple, nutmeg, coconut water	
Berry Bakewell - Red grapes, mixed berries, peach, almond milk	

## FRESHLY SQUEEZED JUICES (ALL 4)

Orange	
Golden beetroot, orange & pear	
Apple, cucumber & celery	
Carrot, apple & ginger	

## JUICES

Cranberry juice, pineapple juice, pink grapefruit juice	3
Chegworth Valley Cox & Bramley apple juice	4
Chegworth Valley pear juice	4
Jax Coco coconut water	4

## TEA

### TEAHOUSE EXCLUSIVES (ALL 3)

English Breakfast / Earl Grey	
Green Tea / Jasmine Tea	
Fresh Mint / Pure Chamomile	

### 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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