

## 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

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
Mimosa	£8.5
Peach Bellini	£8.5

## SMOOTHIES (ALL £5)

Granary Greens - Spinach, kale, grapes, pear, cocunut water  
Banutter Bee - Banana, peanut butter, honey, almond milk  
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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