

MORNING UNTIL MIDDAY

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| Chia & yoghurt pot, berry compote, coconut granola | 5 |
| Green superfood vegan bowl, flax, mixed seeds & goji berries | 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

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|-----------------|-----------------|--------------------|
| Cherry tomatoes | Field mushrooms | Streaky bacon |
| Avocado salsa | | Cumberland sausage |

MIDDAY UNTIL 4PM

STARTERS

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| Goat's cheese on toast, tomato chutney & broad beans (v) | 8.5 |
| 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

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| Tomato, oregano, mozzarella & garlic (v) | 7.5 |
| Feta, charred red peppers, artichokes & black olives (v) | 8.5 |
| Spicy English sausage, smoked mozzarella & red onions | 9 |

SALADS

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| Superfood salad, alfalfa sprouts, avocado, mint buttermilk dressing (v) | 9.5 |
| Grilled chicken, boiled egg, cherry tomatoes, fresh peas & coriander | 13 |

SUNDAY ROAST

ALL DAY SUNDAY SERVED WITH ALL THE TRIMMINGS

English chicken 18.5 / Rolled pork belly & crackling 19.5 / Dry-aged beef 22.5

MAINS

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| Crushed avocado on toast, poached eggs & herbs (v) (add bacon +2.5) | 9.5 |
| Beer battered fish & chips, house tartare & crushed peas | 15 |
| Chicken & leek pie, buttered baby carrots & gravy | 15 |
| Dry-aged ribeye, skin-on-fries & Béarnaise | 27 |
| Beef burger, red onions, cheddar & spiced tomato relish | 15 |
| Chicken breast burger, red pepper hummus, rocket & bacon | 14 |
| Sweet potato burger, baby gem, goat's cheese, beetroot mayo (v) | 11.5 |

All burgers served with skin-on-fries

SIDES 3.5

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|--------------------|------------------------------------|
| Skin-on-fries | Crisp lettuce, vinaigrette & herbs |
| Sweet potato fries | Steamed seasonal greens |

PUDDING 6.5

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| Yoghurt panna cotta, juniper, poached rhubarb & almond crumble |
| Sticky toffee pudding, vanilla ice cream |
| Strawberry pavlova |
| Treacle tart, clotted cream |
| Warm chocolate brownie, berry compote & crème fraîche |
| Ice creams & sorbets 1.5 ea |
| Cheese of the day, sourdough |

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!

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|--|-----|
| 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 |
| SPRING CUP, Sipmith London Cup, lemonade, cucumber & lemon verbena | 7.5 |
| CORPSE REVIVER #2, Bombay Sapphire, Cointreau, Lillet Blanc, Absinthe | 9 |
| THE AXIS, Belsazar white, Limoncello, Yuzu sake, lemon tonic | 9 |
| BAD-EN-BOLD, Belsazar rosé, Maraska, Bold aperitif, Mediterranean tonic | 9 |
| PECHE MODE, Belsazar white, Crème de Pêche, lemon tonic | 9 |
| KING'S SPRITZ, Belsazar rosé, Crème de Mure, lemon & Prosecco | 9.5 |
| FROSÉ Château Fontainebleau Rosé, Belsazar Rosé Vermouth, strawberry & basil | 9.5 |
| TOWPATH RAMBLE, Bacardi Carta Oro, Crème de Mure, raspberry | 10 |

CHAMPAGNE & SPARKLING (125ml / Bottle)

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|---|-----------|
| 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 (175ml / Bottle)

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| 2015 Vermentino, 'La Cascade', Château Fontainebleau, Provence, FRA | 6 / 23 |
| 2014 Verdejo, 'Quintaluna', Ossian, Rueda, ESP | 6.5 / 26 |
| 2015 Sauvignon Blanc, Levin, Loire Valley, FRA | 8.5 / 35 |
| 2016 Chenin Blanc / Viognier / Grenache Blanc, Mother Rock, Swartland, RSA | 10 / 43 |
| 2015 Chardonnay, Bourgogne Blanc, 'Les Forgets', P.Javillier, Burgundy, FRA | 13 / 54 |

ROSE (175ml / Bottle)

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| 2016 Cinsault, Château Fontainebleau, Provence, FRA | 7.5 / 30 |
| 2014 'Rosato di Fonterenza', Fonterenza, Tuscany, ITA | 9.5 / 40 |
| 2015 Côteaux d'Aix-en-Provence, Château La Coste, Provence, FRA (magnum) | 82 |

RED (175ml / Bottle)

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|--|-----------|
| 2015 Grenache / Cabernet, 'La Cascade', Château Fontainebleau, Provence, FRA | 6 / 23 |
| 2015 Zinfandel, "Z", Craig Hawkins, Swartland, RSA (served chilled) | 8 / 32 |
| 2013 Malbec, Cahors, 'Le Combal', Domaine Cosse Maisonneuve, South West, FRA | 9.5 / 40 |
| 2014 Priorat, 'Lo Tumilet', Bodegas Abanico, Cataluña, ESP | 11.5 / 48 |
| 2012 Pinot Noir, Hautes-Côtes de Nuits, V.V., M. Olivier, Burgundy, FRA | 13 / 54 |

Please ask for our full wine list

125ml available upon request

FRESHLY SQUEEZED JUICES

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| Orange | 4 |
| Golden beetroot, orange & pear | 4 |
| Apple, cucumber & celery | 4 |
| Carrot, apple & ginger | 4 |

JUICES

| | |
|--|-----|
| Chegworth Valley Cox & Bramley apple juice | 3.5 |
| Chegworth Valley pear juice | 3.5 |

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