

FRUIT & GRAINS

Chia pot, kiwi, green apple & caramelised nuts.....	5
Super berry vegan bowl, banana & toasted coconut.....	5.5
Overnight oats, blueberries, nuts, apricots & pomegranate.....	4
Fresh fruit salad, toasted seeds & mint.....	4
Energy bowl, granola & goji berries, mixed seeds, house-made jam, natural yoghurt.....	5

TOASTED & BAKED

Toast & crumpets, butter & house-made jam.....	3.5
Lambton & Jackson smoked salmon, crushed avocado on rye.....	8
Croque monsieur (add fried egg 2).....	10
Smoked cheddar & bacon flatbread, Worcestershire sauce & fried egg.....	8.5

WAFFLES

with butter, maple syrup, fruit compote & lime yoghurt.....	8
fried eggs, crispy bacon, spiced tomato salsa & chive crème fraîche...	10.5

HAPPY EGGS

FROM ST. EWE FREE RANGE EGGS, CORNWALL

Crushed avocado on toast, poached eggs & herbs (v).....	9.5
2 eggs served any style, on toasted rye bread (v).....	6.5
Baked creamed spinach eggs, mushrooms, feta & toast (v).....	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" (v).....	8.5

SIDES 2.5

Garlic & thyme roasted field mushrooms	
Crushed avocado, chilli, lime & chives	
Cherry tomatoes on the vine	
Streaky bacon	
Cumberland sausages	
Classic baked beans	

THE LIGHTERMAN FULL ENGLISH 11

Poached free range eggs,
Cumberland sausage, streaky bacon,
field mushrooms, cherry tomatoes
& baked beans

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 COCKTAILS (ALL 8.5)

Bloody Mary, Russian standard vodka, house spiced tomato juice
Buck's Fizz, freshly squeezed orange juice, Prosecco
Peach Bellini, fresh peach pureé, Prosecco

FRESHLY SQUEEZED JUICES (ALL 4.5)

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

JUICES (ALL 4.5)

Cranberry juice, pineapple juice, pink grapefruit juice
Chegworth Valley Cox & Bramley apple juice
Chegworth Valley pear juice

TEA (ALL 3) CANTON TEA

English Breakfast / Earl Grey
Green / Jasmine / Chamomile
Fresh Mint / Peppermint

COFFEE READS COFFEE

Espresso - Single & Double	2.5
Cappuccino - Latte - Macchiato - Americano	3

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