

FRUIT & GRAINS

Chia pot, kiwi, apple & caramelised nuts..	5
Super berry vegan bowl, banana & toasted coconut.....	5.5
Overnight oats, blueberries, nuts, apricots & pomegranate.....	4.5
Fresh fruit salad, toasted seeds & mint.....	4
Energy bowl, granola & goji berries, mixed seeds, house-made jam, natural yoghurt.....	6

HAPPY EGGS

FROM ST. EWE FREE RANGE EGGS, CORNWALL

Crushed avocado on toast, poached eggs, chilli, lime & chives (v).	9.5
with streaky bacon.....	11
with smoked salmon.....	12
2 poached eggs on toasted sourdough bread (v).....	6.5
Baked eggs with pepper, tomato, feta & toast (v).....	9
with chorizo.....	11
2 poached eggs on toasted English muffins & hollandaise	
Pulled ham hock "Benedict".....	9.5
Smoked salmon "Royale".....	10.5
Creamed spinach "Florentine" (v).....	8.5

PANCAKES

maple syrup, streaky bacon & honeycomb butter.....	10.5
fresh berries, lemon balm & sweetened cream.....	9

THE LIGHTERMAN FULL ENGLISH 12.5

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

THE LIGHTERMAN FULL VEGGIE (V) 11

Poached free range eggs,
veggie sausage, field mushrooms,
cherry tomatoes, baked beans,
pea & courgette hash

SIDES 2.5

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

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
Apple, pear & rhubarb
Apple, kiwi, cucumber & mint
Carrot, apple & ginger
Golden beetroot, orange & pear

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

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

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