

## FRUIT & GRAINS (V)

Chia pot, kiwi, apple & caramelised nuts..	5
Super berry bowl, banana & toasted coconut (vg) .....	5.5
Overnight oats, blueberries, nuts, apricots & pomegranate.....	4.5
Fresh fruit salad, toasted seeds & mint (vg) .....	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 & 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 (v) .....	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 (vg)  
Cherry tomatoes on the vine (vg)  
Classic baked beans (vg)  
Streaky bacon  
Crushed avocado, chilli & chives (vg)  
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.

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## MORNING COCKTAILS 8.5

BLOODY MARY Russian standard vodka, house spiced tomato juice

BUCK'S FIZZ freshly squeezed orange juice, Prosecco

PEACH BELLINI fresh peach purée, Prosecco

## FRESHLY SQUEEZED JUICES 4.5

Orange

Apple, kiwi, cucumber & mint

Carrot, apple & ginger

Golden beetroot, orange & pear

## JUICES 4.5

Cranberry juice, pineapple juice, pink grapefruit juice

Chegworth Valley Cox & Bramley apple juice

Chegworth Valley pear juice

## TEA 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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