

MORNING UNTIL MIDDAY

Chia pot, kiwi, green apple & caramelised nuts.....	5
Super berry vegan bowl, banana & toasted coconut.....	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 (v).....	9.5
2 poached or scrambled eggs on toasted rye bread (v).....	6.5
The Lighterman Full English, poached free range eggs, Cumberland sausage, streaky bacon, field mushrooms, cherry tomatoes & baked beans.....	11

SIDES 2.5

Cherry tomatoes Field mushrooms Streaky bacon Avocado salsa Cumberland sausages

MIDDAY UNTIL 4PM

STARTERS

Crispy squid, chilli & lime.....	8.5
Mushroom & smoked cheese risotto balls, garlic mayo (v).....	7.5
Chicken & tarragon terrine, black pepper & chive crème fraîche.....	9.5
Potted smoked salmon, apple & horseradish, toasted sourdough.....	9

FLATBREADS ORGANIC SPELT FLOUR - ARRIVES WHEN READY

Tomato, oregano, mozzarella & garlic (v).....	7.5
Roasted butternut squash, pecan, ricotta & chilli (v).....	9
Spicy English sausage, smoked mozzarella & red onions.....	9.5

SALADS

Superfood, alfalfa sprouts, beetroot, chickpeas, honey mustard dressing (v).....	10
Grilled chicken, romesco, boiled egg, quinoa, roasted red pepper, pumpkin seeds.....	13.5

MAINS

Crushed avocado on toast, poached eggs & herbs (v) (add bacon 2.5).....	9.5
Beer battered fish & chips, house tartare & crushed peas.....	15
Beef & ale pie, crushed celeriac & carrot.....	14.5
Sirloin steak sandwich, fried egg, horseradish cream & skin on fries.....	14.5
Pea & courgette burger, baby gem, goat's cheese, coriander hummus (v).....	13
Beef burger, tomato & red onion relish, cheese & bacon.....	15
Chicken burger, avocado salsa & bacon.....	14.5

All burgers served with skin-on-fries

SIDES 3.5

Skin-on-fries Sweet potato fries Lettuce, vinaigrette & herbs Steamed seasonal greens

PUDDINGS 6.5

Caramelised lemon tart, blackberry sorbet
Sticky toffee pudding, vanilla ice cream
Warm chocolate brownie, salted caramel ice cream
Chocolate & banana fondant, vanilla ice cream
Vanilla & honey panna cotta, spiced plums
Ice creams & sorbets 1.5 ea

Keen's Cheddar, Colston Basset stilton,
Brie de meaux, quince jelly, grapes
& crackers 9.5

SUNDAY ROAST

Castlemead free range chicken 18.5
Dry-aged sirloin of beef 20
Slow roasted pork belly 19.5
Served with Yorkshire pudding
& all the trimmings

English field mushroom
& blue cheese Wellington (v) 15

Available from midday on Sundays

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 SHARPENERS BECAUSE IT'S 5 O'CLOCK SOMEWHERE!

WINTER CUP Sipsmith London Cup, Spiced Ginger Ale, orange, thyme, rosemary.....	7.5
BLOODY MARY, Russian standard vodka, house spiced tomato juice.....	8.5
BUCK'S FIZZ, freshly squeezed orange juice, Prosecco.....	8.5
PEACH BELLINI, fresh peach pureé, Prosecco.....	8.5
CORPSE REVIVER #2, Bombay Sapphire, Cointreau, Lillet Blanc, Absinthe.....	9

SPRITZ

THE AXIS, Belsazar white, Limoncello, Yuzu sake, lemon tonic.....	9
KING'S SPRITZ, Belsazar rosé, Crème de Mure, lemon & Prosecco.....	9.5
SMOKING SCARLETT, Belsazar Red, Woodford Reserve, house spiced syrup, Smoky Ginger Ale....	11

WINES BY THE GLASS

CHAMPAGNE & SPARKLING

(125ML / BOTTLE)

NV Prosecco, Ca' Degli Ermellini, Extra Dry, 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 WINE

(175ML / BOTTLE)

2016 Vermentino, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2016 Garnatxa Blanca, Herencia Altes, Terra Alta, ESP	7 / 28
2016 Verdicchio, 'Vigna di Gino', Fattoria San Lorenzo, Marche, ITA	8 / 32
2016 Sauvignon Blanc, Levin, Loire Valley, FRA	8.5 / 35
2015 Riesling, "Dajoar", Andreas Bender, Mosel, GER	9 / 37
2016 Grüner Veltliner, "Lössterrassen", Bründlmayer, Kremstal, AUT	9.5 / 38
2016 Côtes du Rhône Blanc, "Clementia", Aphyllantes, Rhône, FRA	10.5 / 42
2015 Chardonnay, Mâcon-Farges, Vieilles Vignes, Perrusset, Burgundy, FRA	11 / 45

ROSÉ

(175ML / BOTTLE)

2016 Cinsault, Château Fontainebleau, Provence, FRA	7.5 / 30
2016 'Symphonie', Cru Classé, Château Sainte-Marguerite, Provence, FRA	55
2016 'Faustine', Comte Abbaticci, Corsica, FRA	60
2016 Bandol, Domaine Tempier, Provence, FRA	65
2016 Côteaux d'Aix-en-Provence, Château La Coste, Provence, FRA (Magnum)	85

RED WINE

(175ML / BOTTLE)

2016 Grenache/Cabernet, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2014 Nebbiolo/Barbera, 'Le Marne', Isolabella della Croce, Monferrato, ITA	7 / 29
2016 Côtes du Rhône, 'L'O du Joncier', Domaine du Joncier, Rhône, FRA	8.5 / 35
2014 Carménère, 'Winemaker's Gran Reserva', Tamaya, Elqui Valley, CHI	9 / 38
2015 Rioja, "Bicicleta Voladora", Quinta Milu, Rioja, ESP	10 / 40
2016 Merlot, Côtes de Bordeaux, 'Duc de Nauves', Château Le Puy, Bordeaux, FRA	11 / 47
2015 Syrah/Mourvèdre, 'Campredon', Alain Chabanon, Languedoc, FRA	11.5 / 49
2015 Barbera/Syrah/Cabernet, 'King's Cross', London Cru, ENG	13 / 55
2015 Pinot Noir, Bourgogne, Paul Pillot, Burgundy, FRA	14 / 56

125ml available upon request. Please ask for our full wine list.

FRESHLY SQUEEZED JUICES 4.5

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

CHEGWORTH VALLEY JUICES 4.5

Cox & Bramley apple juice
Pear juice

Please ask if you would like to see our cocktail & beer card.

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