

MORNING UNTIL MIDDAY

Chia pot, kiwi, apple & caramelised nuts.....	5
Super berry vegan bowl, banana & toasted coconut.....	5.5
Energy bowl, granola & goji berries, mixed seeds, house-made jam, natural yoghurt	6
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
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

Cherry tomatoes / Field mushrooms / Streaky bacon / Avocado salsa / Cumberland sausages / Classic baked beans / Black pudding

MIDDAY UNTIL 4PM

STARTERS

Crispy squid, chilli & lime.....	8.5
Pea & mint croquettes, mustard aoli & pea shoots (v).....	7.5
Pork & pistachio terrine, toasted sourdough & spiced apple jam.....	8.5
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 add smoked trout.....	3.5	feta cheese.....	2.5	grilled chicken breast.....	3.5
Superfood - alfalfa sprouts, beetroot, chickpeas, honey mustard dressing (v).....	11				
Market - romanesco, soft boiled egg, quinoa, roasted red pepper & pumpkin seeds (v).....	10.5				

MAINS

Crushed avocado on toast, poached eggs, chilli, lime & chives (v).....	9.5
with streaky bacon.....	11
with smoked salmon.....	12
Beer battered fish & chips, house tartare & crushed peas.....	15
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
Crisp lettuce & fresh herbs
Sweet potato fries
Minted peas, leeks & broad beans

PUDDINGS 6.5

Caramelised lemon tart, blackberry sorbet
Sticky toffee pudding, vanilla ice cream
Warm chocolate brownie, salted caramel ice cream
Vanilla pavlova, fresh berries & bee pollen
Passion fruit cheesecake & fresh raspberries
Ice creams & sorbets 1.5 ea

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 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!

SPRING CUP Sipsmith London Cup, blackberry, kiwi, mint, cucumber & lemonade.....	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 APERITIF Belsazar white, Las Medallas Manzanilla sherry & Prosecco.....	10
SAINT BLOSSOM Belsazar rosé, St Germain, lemon, plum bitters & lemon tonic.....	10
WINE NOT? Belsazar red, Aperol, crème de mure, lemon, bitters & Mediterranean tonic.....	10

WINES BY THE GLASS

CHAMPAGNE & SPARKLING

(125ML / BOTTLE)

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 WINE

(175ML / BOTTLE)

2016 Vermentino, 'La Cascade', Château Fontainebleau, Provence, FRA	6 / 23
2015 Garnatxa Blanca, Herencia Altes, Terra Alta, ESP	7 / 28
2016 Albariño, Diluvio, Rias Baixas, ESP	8 / 33
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 Viognier, Côtes du Rhône Blanc, 'Clementia', Aphyllantes, Rhône, FRAA	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 / 39
2016 Merlot, Côtes de Bordeaux, 'Duc de Nauves', Château Le Puy, Bordeaux, FRA	11 / 47
2016 Crozes-Hermitage, 'Silene', J.L Chave, Rhône, FRA	11.5 / 49
2015 Barbera/Syrah/Cabernet, 'King's Cross', London Cru, ENG	13 / 55
2016 Pinot Noir, Mercurey, Michel Juillot, Burgundy, FRA	14 / 56

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

FRESHLY SQUEEZED JUICES 4.5

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

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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