

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	
English ham 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.

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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