

FRUIT & GRAINS (V)

Peanut butter chia pot,
crushed nuts & coconut..... 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

PANCAKES

Maple syrup, streaky bacon
& honeycomb butter..... 10.5

Fresh berries, lemon balm
& sweetened cream (v) 9

FREE RANGE EGGS

FROM ST. EWE, CORNWALL

Crushed avocado on toast,
poached eggs, chilli & chives (v) 9.5

 with streaky bacon..... 11

 with smoked salmon..... 12

 with feta..... 10.5

2 poached eggs on toasted
sourdough (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

 Hot smoked salmon Royale..... 10.5

 Creamed spinach Florentine (v) 8.5

Wild mushrooms on toast, poached eggs... 11

THE LIGHTERMAN FULL ENGLISH 12.5

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

SIDES 2.5

Garlic & thyme roasted field mushrooms (vg)

Cherry tomatoes on the vine (vg)

Classic baked beans (vg)

Crushed avocado, chilli & chives (vg)

Streaky bacon

Cumberland sausages

Hash brown (v)

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
Apple, pear & blackberry

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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