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## 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) ..... 7

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)


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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  
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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