
FRUIT & GRAINS (V)

Raspberry & banana chia pot,
almond milk & vanilla pod..... 5

Super berry bowl,
banana & toasted coconut (vg) 5.5

Cinnamon porridge, toasted pecan
& maple syrup (vg) 5

Fresh fruit salad,
toasted seeds & mint (vg) 4.5

Energy bowl,
granola & goji berries, mixed seeds,
house-made jam, natural yoghurt..... 6

PANCAKES

Buttermilk & blueberry pancakes,
maple mascarpone (v) 8

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, courgette,
peppers & feta (v) 9

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

Garlic & thyme roasted field mushrooms (vg) 3

Cherry tomatoes on the vine (vg) 3

Classic baked beans (vg) 3

Crushed avocado, chilli & chives (vg) 4

Streaky bacon..... 4

Cumberland sausages..... 4

Hash brown (v) 3

Smoked salmon..... 4


We're cashless

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 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

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 / 67
NV Gratiot-Pillièrre, Brut Rosé, Champagne, FRA 12.5 / 68

FRESHLY SQUEEZED JUICES 4.5

Orange
Apple, kiwi, cucumber & mint
Carrot, apple & ginger
Apple, pear & blackberry

JUICES 4.5

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 - Double Espresso 3
Americano - Cappuccino - Latte 3.5

SUNDAY ROAST

Available from midday on Sundays

28 day dry-aged grass-fed Galloway beef sirloin 23 | East Anglian herb-marinated lamb shoulder 22.5
Half free range Windsor spit-roast chicken 18.5 | Slow-roasted Waveney Valley pork belly 20
Chestnut & mushroom nut roast (v) 16

Served with Yorkshire pudding, market vegetables & roast potatoes

We're cashless

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.

