

T H E
L I G H T E R M A N

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 |
| 2 poached eggs on toasted English muffins & hollandaise | |
| Pulled ham hock "Benedict"..... | 9.5 |
| Smoked salmon "Royale"..... | 10.5 |
| Creamed spinach "Florentine" (v) | 8.5 |

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(v) | Cumberland sausages |
| | Black Pudding |

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

An optional 12.5% service charge will be added to your bill.
Please inform our staff if you have any dietary or allergen requirements.



T H E
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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
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

