

THE
LIGHTERMAN

FRUIT & GRAINS (V)

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	
English ham Benedict.....	9.5
Smoked salmon Royale.....	10.5
Creamed spinach Florentine (v)	8.5

SIDES 2.5

Garlic & thyme roasted field mushrooms (vg)	Streaky bacon Cumberland sausages
Classic baked beans (vg)	Black Pudding
Crushed avocado, chilli & chives(v)	
Cherry tomatoes on the vine (vg)	

THE LIGHTERMAN FULL ENGLISH 12.5

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

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



THE
LIGHTERMAN

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

