

THE ARMS

at The Lord Nelson Hotel

BREAKFAST

V BREAD & BUTTER 5

Grilled Artisanal Bread w/ Whipped Brown Butter & Molasses

V Df AVOCADO TOAST 17

Thick Cut Rye Toast, Smashed Avocado, Poached Eggs, Pico de Gallo, Chimichurri Rojo, Scallions, Cilantro, Fresh Fruit

EGGS BENEDICT 23

Poached Eggs, Toasted English Muffin, Hollandaise, Peameal Bacon, Potato Wedges

SMOKED SALMON EGGS BENEDICT 25

Locally smoked Atlantic Salmon, Soft Poached eggs with Hollandaise, Potato Wedges

Df THE ARMS CLASSIC BREAKFAST 19

Choice of Sausage or Bacon, Two Eggs Any Style, Potato Wedges, Toast & Fruit Garnish

V VEGGIE BENNY 22

Maitake Mushrooms & Asparagus, Poached Eggs, Toasted English Muffin, Hollandaise, Potato Wedges

BREAKFAST BISCUIT 18

House Baked Homestyle Biscuit, Fried Egg, Smoked Ham, Aged Cheddar, Caramelized Onion Aioli, Home Fries

SOURDOUGH FRENCH TOAST 19

Berry & Vanilla Bean Compote, Lightly Whipped Cream, Bacon, Small Batch Nova Scotia Maple Syrup

VEGAN Df ROASTED TOMATO & MAITAKE MUSHROOM TARTINE 19

Maitake Mushroom “Bacon”, Roasted Cherry Tomatoes, Grilled Sourdough, Garlic Hummus, Home Fries

SMOKED SALMON TOAST 22

Locally Smoked Atlantic Salmon, Grilled Sourdough, Chive & Goat Cheese Mousse, Pickled Squash, Arugula, Shaved Red Onion, Fried Potato Wedges

VEGAN PEACH COBBLER OVERNIGHT OATS 18

Almond Milk Soaked Steel Cut Oats, Poached Valley Peaches, Pecan Crumble, Small Batch Spiced Local Maple Syrup

BREAKFAST SIDES

HALF AVOCADO 5

TOAST OR ENGLISH MUFFIN 3

**SMOKED BACON, PEA-MEAL OR
BREAKFAST SAUSAGE 6**

YOGURT, PLAIN GREEK 4

HOME FRIES 5

**BOXED BREAKFAST CEREAL -
WITH SIDE FRESH BERRIES 7**
*Rice Krispies, Corn Pops, Frosted Flakes, Fruit Loops,
Special K, All Bran, Corn Flakes, Raisin Bran (subject to
availability)*

BEVERAGES

ESPRESSO 4.5

TEA 3.5

CAPPUCCINO 5.5

JUICES 4.5
Orange, Cranberry or Apple

**DRIP COFFEE -
STARBUCKS MEDIUM
ROAST 3.5**