

THE ARMS

at The Lord Nelson Hotel

BREAKFAST MENU WINTER 2024

V BREAD & BUTTER 5

Grilled Artisanal Bread w/ Whipped Brown Butter & Molasses

V **GF** AVOCADO TOAST 17

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

EGGS BENEDICT 22

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

SMOKED SALMON EGGS BENEDICT 24

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

GF THE ARMS CLASSIC BREAKFAST 17

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

V VEGGIE BENNY 21

Sautéed Kale, Charred Bell Pepper, Scallions, Poached Eggs, Toasted English Muffin, Hollandaise, Potato Wedges

BREAKFAST BURGER 21

4oz Beef Patty, Over Easy Egg, Smashed Avocado, Bacon, Tuscan Greens, Tomato, Potato Wedges

SOURDOUGH FRENCH TOAST BAKE 20

Bread Pudding Style French Toast, Bacon, White Chocolate Cremieux, Local Small Batch Spiced Maple Syrup, Pistachios

GF **GF** BREAKFAST SKILLET 19

Choice of Eggs, Smoked Bacon Lardons, Acorn Squash, Kale, Green Onion, Red Pepper, Sweet Potato

V VEGETARIAN BREAKFAST BURRITO 17

Smashed Avocado, Scrambled Egg, Smoked Cheddar, Jalapeno, Spinach, Flour Tortilla, Potato Wedges, Salsa

VEGAN **GF** **GF** PUMPKIN PIE OVERNIGHT OATS 16

Almond Milk-Soaked Oats, Chia Seeds, Candied Pumpkin Seeds, Local Small Batch Spiced Maple Syrup

BREAKFAST SIDES

HALF AVOCADO 5

TOAST OR ENGLISH MUFFIN 3

SMOKED BACON, PEAMEAL 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 /
LATTE 5.5

JUICES 4.5
Orange, Cranberry or Apple

DRIP COFFEE -
STARBUCKS MEDIUM
ROAST 3.5