

THE ARMS

at The Lord Nelson Hotel

BREAKFAST

V BREAD & BUTTER 5

Grilled Artisanal Bread with Whipped Brown Butter & Molasses

VEGAN GF ALMOND & COCONUT OVERNIGHT OATS 18

Steel-Cut Oats, Coconut Milk, Vegan Yogurt, Toasted Coconut, Almond Crumble

BREAKFAST SANDO 18

Italian Sausage Patty, Fried Egg, Arugula, Smoked Cheddar, Caramelized Onion Aioli

EGGS BENEDICT 23

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

SMOKED SALMON 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 Df AVOCADO TOAST 17

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

SMOKED SALMON TOAST 23

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

VEGAN Df ROASTED SQUASH TARTINE 22

Grilled Sourdough, Pumpkin Hummus, Roasted Acorn Squash, Rosemary Honey, Kale Crisps

VEGGIE BENNY 23

Sautéed Spinach, Scallions and Maitake Mushrooms, Poached Eggs, English Muffin, Hollandaise

SOURDOUGH FRENCH TOAST 21

Egg-Dipped Thick-Cut Sourdough, Fig Compote, Cinnamon Chantilly, Spiced Maple Syrup, Crispy Bacon

BREAKFAST SIDES

HALF AVOCADO 5

TOAST OR ENGLISH MUFFIN 3

**BACON, PEAMEAL BACON 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**