



"THE ARMS"

at South Park & Spring Garden

LUNCH

SOUP DU JOUR ~ <i>check with your server</i>	8
ROASTED HEIRLOOM TOMATO SOUP ~ <i>smoked gouda and petite brie grilled cheese on sourdough with roasted tomato soup</i>	11
SEAFOOD CHOWDER ~ <i>with toasted fresh bread roll</i>	17
SCALLOP CEVICHE ~ <i>diced cucumber, fresh strawberries, pickled red onion, green curry vinegar, corn tortilla</i>	19
GRILLED CAESAR ~ <i>grilled romaine hearts, crispy smoked maple bacon, herb crouton, grana padano &amp; house dressing</i>	16
BAKED BRIE ~ <i>triple cream baked brie with olive oil herb compressed pear, shaved prosciutto, lemon peel jam &amp; crostini</i>	15
GRILLED SUMMER PEACH SALAD ~ <i>valley peaches, arugula, shaved prosciutto, toasted goat cheese, sunflower seed gremolata, tarragon vinaigrette</i>	16
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ATLANTIC LOBSTER ROLL ~ <i>with fries, coleslaw and dill pickle spears</i>	29
CLUBHOUSE SANDWICH ~ <i>high fibre bread, roasted garlic aioli, herb roasted pulled chicken, smoked bacon, heirloom tomato, iceberg lettuce, mild cheddar and pickled onions</i>	17
VEGAN SZECHUAN BOWL ~ <i>soba noodles, marinated tofu, Szechuan sauce, snow peas, mushroom confit, toasted sesame &amp; scallions</i>	19
FISH & CHIPS ~ <i>beer battered haddock, fries &amp; red cabbage slaw</i>	19
OPEN FACED FRIED CHICKEN WAFFLE ~ <i>buttermilk fried chicken on toasted belgian waffle, chili honey, apple slaw</i>	17
ARCTIC CHAR & WARM COUSCOUS SALAD ~ <i>seared char, couscous, shaved fennel, lemon grilled asparagus, cucumber, shaved radish &amp; basil aioli</i>	26
ATLANTIC HALIBUT FILLET ~ <i>sous vide with fresh herbs, green pea sauce, butter roasted baby potato and cured grape tomato</i>	37
BLACK ANGUS BURGER ~ <i>challah burger bun, double stack AAA sirloin angus beef patties, sautéed mushrooms, caramelized onion gouda spread, shredded iceberg &amp; heirloom tomato</i>	19

"COMFORT FOOD"

SWEET POTATO FRIES  
*with truffle aioli*  
10

CHICKEN WINGS & DRUMMIES  
*fried crispy*  
17

TAVERN STYLE NACHOS  
*with house blend melted cheese, our own pickled banana peppers, salsa & sour cream*  
21