



BREAKFAST AT "THE ARMS"

at South Park & Spring Garden

CLASSIC EGGS BENEDICT

poached eggs, peameal bacon, hollandaise

19

OPEN FACED SMOKED SALMON

cape seed bread, smoked atlantic salmon, lemon cream cheese, crispy capers, pickled shallots, soft poached eggs

20

VEGGIE BENNY

asparagus, arugula, confit mushrooms, poached eggs & hollandaise

18

THE ARMS BREAKFAST

two eggs any style, home fries and choice of bacon, peameal ham or breakfast sausage & toast

19

AVOCADO TOAST

sourdough bread, fresh sliced avocado, toasted goat cheese, soft poached eggs, cured tomato

17

BREAKFAST SANDWICH

fried egg, crispy bacon, sliced cheddar, toasted english muffin, home fries

16

OVERNIGHT OATS

overnight almond milk soaked oats, almond butter, cocoa nibs, red berries & fruit, hemp seed

17

BOXED BREAKFAST CEREAL - WITH SIDE FRESH BERRIES

Rice Krispies, Corn Pops, Frosted Flakes, Fruit Loops, Special K, All Bran, corn Flakes, Raisin Bran (subject to availability)

7

BREAKFAST...SIDES

HALF AVOCADO	5
YOGURT, PLAIN	4
TOAST OR ENGLISH MUFFIN	3
HOME FRIES	5
SMOKED BACON, PEAMEAL OR BREAKFAST SAUSAGE	6

BEVERAGES

ESPRESSO	4.50	DRIP COFFEE ~ we	3.50	JUICES ~ OJ, Cranberry,	4.50
CAPPUCCINO /	5.50	<i>proudly serve</i>		<i>Apple</i>	
LATTE		<i>Starbucks medium</i>		TEA	3.50
		<i>roast</i>			