



"THE ARMS"

at South Park & Spring Garden

LUNCH

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
GRILLED CAESAR ~ <i>grilled romaine hearts, crispy smoked maple bacon, herb crouton, grana padano & house dressing</i>	16
BUTTERNUT SQUASH SALAD ~ <i>maple roasted squash, arugula, kale, cashews, pickled onion, blackberry vinaigrette, honey ricotta</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 & scallions</i>	19
FISH & CHIPS ~ <i>beer battered haddock, fries & red cabbage slaw</i>	19
FRIED CHICKEN BURGER ~ <i>Challah bun, garlic aioli, buttermilk fried chicken, chili honey, apple slaw and shoots</i>	19
ARCTIC CHAR & WARM COUSCOUS SALAD ~ <i>seared char, couscous, shaved fennel, lemon grilled asparagus, cucumber, shaved radish & basil aioli</i>	26
BLACK ANGUS BURGER ~ <i>challah burger bun, double stack AAA sirloin angus beef patties, sautéed mushrooms, caramelized onion gouda spread, shredded iceberg & heirloom tomato</i>	19

"COMFORT FOOD"

CHEESE PLATE
<i>selection of local cheeses, house made spreads, pickles, fresh fruit, baguette crisps</i>
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SWEET POTATO FRIES	CHICKEN WINGS & DRUMMIES
<i>with truffle aioli</i>	<i>fried crispy</i>
10	17

TAVERN STYLE NACHOS
<i>with house blend melted cheese, our own pickled banana peppers, salsa & sour cream</i>
21