



BREAKFAST AT "THE ARMS"

at South Park & Spring Garden

CLASSIC EGGS BENEDICT

poached eggs, peameal bacon, hollandaise

19

BAGEL SMOKED SALMON BENNY

toasted bagel, poached eggs, cold smoked salmon, hollandaise

25

VEGGIE BENNY

poached eggs, sautéed spinach & portobello, hollandaise

19

THE ARMS BREAKFAST

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

19

AVOCADO TOAST

focaccia, goat cheese, blistered tomato & soft poached egg

16

THE GRIDDLE

choice of bacon or sausage, onions, peppers, potato hash topped with goat cheese & two eggs any style with white or whole wheat toast

19

BLT

crispy bacon with sliced tomato & iceberg lettuce on white or whole wheat toast

17

CROISSANT FRENCH TOAST

with crème fraiche, salted pumpkin seeds & spiced maple syrup

17

OVERNIGHT OATS

Overnight almond milk soaked oats, almond butter, sliced banana, cocoa nibs and frozen black cherries

15

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 HOUSEMADE SAUSAGE	6

BEVERAGES

ESPRESSO	4	DRIP COFFEE ~ we	3	JUICES ~ OJ, Cranberry,	4
CAPPUCCINO /	5	proudly serve		Apple	
LATTE		Starbucks medium		TEA	3
		roast			