



BREAKFAST AT "THE ARMS"

at South Park & Spring Garden

CLASSIC EGGS BENEDICT

poached eggs, peameal bacon, hollandaise

19

SMOKED SALMON BENNY

poached eggs, cold smoked salmon, hollandaise

25

VEGGIE BENNY

poached eggs, sautéed spinach & portobello, hollandaise

18

BAGEL & LOX

smoked salmon, cream cheese, pickled onion, capers, tomato and cucumber

25

THE ARMS BREAKFAST

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

19

AVOCADO TOAST

thick rye bread, goat cheese, fresh tomato & sliced boiled egg

14

THE GRIDDLE

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

18

BLT

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

16

LOCAL BLUEBERRY PANCAKES

with lemon butter & maple syrup

17

GRANOLA PARFAIT

mixed berries, plain yogurt

9

BOXED BREAKFAST CEREAL - WITH SIDE FRESH BERRIES

Rice Krispies, Corn Pops, Frosted Flakes, Fruit Loops, Special K, All Bran, corn Flakes, Raisin Bran (cereals 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 proudly	3	JUICES ~ OJ, Cranberry,	4
CAPPUCCINO / LATTE	5	serve Starbucks		Apple	
		medium roast		TEA	3