



"THE ARMS"

at South Park & Spring Garden

LUNCH

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| SOUP OF THE DAY ~ daily pot of soup | 8 |
| SEAFOOD CHOWDER ~ with toasted sliced baguette | 15 |
| TUNA TARTARE ~ traditionally prepared with dijon, shallots and capers, topped with avocado puree, horseradish aioli, crostini | 16 |
| KALE CAESAR SALAD ~ with crispy pancetta, herb croutons, parm & house dressing | 14 |
| CALAMARI FRITTI ~ buttermilk & semolina dusted, lightly fried, peri-peri sauce | 16 |
| AVOCADO TOAST ~ thick rye bread, goat cheese, fresh tomato & sliced boiled egg | 14 |
| GRILLED HALLOUMI ~ with zatar spiced flatbread, pomegranate molasses & tahini | 14 |
| LOCAL CHEESE & PROSCIUTTO BOARD ~ two artisan local cheeses, thinly sliced prosciutto, grilled asparagus, duo of spreads, crostini | 22 |
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| SOUP & SANDWICH ~ changes daily | 14 |
| LOBSTER ROLL ~ with fries & coleslaw | 24 |
| COBB SALAD BOWL ~ chicken tandoori, avocado, egg, pancetta crisps, sun-dried cranberries, local goat cheese, our buttermilk ranch dressing | 18 |
| CHICKEN PARM ~ crispy chicken breast with tomato & broiled Grana Padano on fettuccine tossed in basil tomato sauce | 19 |
| BUDDHA BOWL ~ with roasted garlic and pepper tofu, chickpea salad, avocado, lotus root & basmati rice. | 18 |
| BLACK ANGUS BURGER ~ dill pickle aioli, iceberg, tomato, red onion relish | 19 |
| CIABATTA CLUBHOUSE SANDWICH ~ with sliced boiled egg and crispy fries | 16 |
| MUSHROOM RAVIOLI ~ morel, chanterelle & cremini mushrooms & ricotta cheese filled pasta with truffle chive sauce and shaved parm | 18 sm & 26 lg |
| GOURMET GRILLED CHEESE ~ on house baked bread, with loads of mozzarella and provolone cheese, dill pickle aioli and crispy fries | 16 |

"COMFORT FOOD"

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| SWEET POTATO FRIES ~ with truffle aioli | 10 | CHICKEN POT PIE ~ with pastry top | 19 |
| CHICKEN WINGS & DRUMMIES ~ fried crispy | 15 | FISH & CHIPS ~ beer battered haddock, fries & coleslaw | 19 |

TAVERN STYLE NACHOS

with house blend melted cheese, our own pickled banana peppers, salsa & sour cream