



Breakfast at "The Arms"

at South Park & Spring Garden

Savoury

- "The Arms", two eggs, any style, choice of meat, homefries. \$16
- Classic eggs benedict, poached eggs, peameal bacon, hollandaise. \$17
- Veggie benny, sautéed spinach & portobello, hollandaise. \$17
- Lobster BLT, Nova Scotia lobster, smoked bacon, English bibb, sun-dried tomato paste, housemade focaccia & homefries. \$20
- Avocado toast, thick rye bread, goat cheese, fresh tomato & sliced boiled egg. \$13

Sweet

- Classic french toast on baguette, sugar moon farms maple syrup, whipped cream & fresh berries. \$16
- Pastry basket: croissant, fresh baked daily breakfast loaf, muffins, fruit danish. \$12
- Local blueberry pancakes, lemon butter & maple syrup. \$16
- Granola parfait, mixed berries, plain yogurt. \$9

Breakfast Made Easy

- Selection of cold cereals, mixed berries. \$6
- Mixed fruit plate & yogurt. \$9
- Smoothie: strawberry-banana or mixed berry protein. \$9
- Steel-cut oatmeal, brown sugar, raisins & cream. \$8

...And

- Yogurt, plain or vanilla. \$4
- Grilled tomatoes. \$3
- Toast or English muffin. \$3
- Home Fries. \$4
- Bacon, peameal or housemade sausage. \$5
- One egg, any style. \$3