



Brunch at "The Arms"

at South Park & Spring Garden

All Savoury and Sweet Brunch items include a complimentary caesar or mimosa

Savoury

- Tuna Tartare - traditionally prepared with dijon, shallots and capers, topped with avocado puree, horseradish aioli, crostini. \$14
- "The Arms", two eggs, any style, choice of meat, duck fatted triple cooked fingerlings. \$15
- 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 & our duck fatted fingerlings. \$19
- Brunch Burger - House ground angus beef with a sunny side egg, swiss cheese. \$19
- Beer battered haddock & chips. \$17
- Gnocchi with sweet pea & bacon, wilted arugula & Comencini's aged mozzarella. \$17
- Baked Eggs Pro-ven-çale, with fresh herbs, sun-dried tomatoes & olive miscela. \$15
- Avocado toast, thick rye bread, goat cheese, fresh tomato, sliced boiled egg. \$10
- House made pizza - baked with local artisan aged mozza, EVOO, baby spinach, foraged mushrooms & caramelized onions. \$17

Sweet

- Banana bread french toast, Sugarmoon Farms maple syrup & whipped cream. \$16
- Local blueberry pancakes, lemon butter & maple syrup. \$16
- Granola parfait, mixed berries, plain yogurt. \$8

Breakfast Made Easy

- Selection of cold cereals, mixed berries. \$6
- Mixed fruit plate, yogurt. \$9
- Smoothies, strawberry-banana or mixed berry protein. \$7
- Steel-cut oatmeal, brown sugar, raisins & cream. \$8

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

It's 5 O'Clock Somewhere

- "The Arms" 2 oz Caesar or Bloody Mary. \$7
- Executive Mimosa. \$6