



BRUNCH AT "THE ARMS"

at South Park & Spring Garden

All main course Brunch items include a complimentary caesar or mimosa

BAGEL & LOX

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

25

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

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

LOBSTER BLT

Nova Scotia lobster, smoked bacon, crispy iceberg & tomato on thick toasted rye with home fries

27

TUNA TARTARE

traditionally prepared with dijon, shallots and capers, topped with chipotle lime aioli, crostini

19

BLACK ANGUS BURGER

chipotle aioli, iceberg, tomato jam, onions frites & crispy fries

19

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

LOCAL BLUEBERRY PANCAKES

with lemon butter & maple syrup

17

BRUNCH...SIDES

GREEK YOGURT PARFAIT ~ House made granola & berries	9
HALF AVOCADO	5
YOGURT, PLAIN	4
TOAST OR ENGLISH MUFFIN	3
HOME FRIES	5
SMOKED BACON, PEAMEAL OR HOUSEMADE SAUSAGE	6

BEVERAGES

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