



BRUNCH AT "THE ARMS"

at South Park & Spring Garden

All main course Brunch items include a complimentary caesar or mimosa

CROISSANT FRENCH TOAST

with crème fraiche, salted pumpkin seeds & spiced maple syrup

17

CLASSIC EGGS BENEDICT

poached eggs, peameal bacon, hollandaise

19

BAGEL SMOKED SALMON BENNY

toasted bagel, poached eggs, cold smoked salmon, hollandaise

25

VEGGIE BENNY

poached eggs, sautéed spinach & portobello, hollandaise

19

THE ARMS BREAKFAST

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

19

THE GRIDDLE

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

19

AVOCADO TOAST

focaccia, goat cheese, blistered tomato & soft poached egg

16

OPEN FACED PROSCIUTTO & PEAR SANDWICH

sliced prosciutto, fresh pears, goat cheese & cranberry spread, salted pumpkin seeds on olive oil drizzled focaccia bread

18

LOBSTER BLT

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

27

TUNA TARTARE

with avocado, chives, lime soya sesame dressing and capers topped with garlic lime aioli

19

BLACK ANGUS BURGER

garlic lime aioli, tomato jam and onion frites

19

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