



"The Arms"

at South Park & Spring Garden

Lunch

11am - 4pm

Soup & sandwich, changes daily. \$11

Seafood chowder, with toasted sliced baguette. \$14

Classic French onion soup broiled with melted gruyere. \$11

Chopped romaine hearts with anchovy caesar dressing and croutons,
parmesan cheese. \$11

Tuna Tartare - traditionally prepared with dijon, shallots and capers,
topped with avocado puree, horseradish aioli, crostini. \$14

GF Greek Salad - plum tomatoes, english cucumber, red onions, bell
peppers, feta, castelvetrano & kalamata olives. \$13

GF Grilled Radicchio and Kale Salad, with roasted cashews, mustard seed,
maple & sherry vinaigrette. \$14

GF Tuna Poke - Yuzu & tamari marinated Ahi Tuna, pickled radishes,
avocado, sesame seeds & rice. \$17

GF Cobb Salad - tandoori chicken, boiled egg, bacon bits, urban blue
cheese, watercress & avocado with buttermilk dressing. \$14

The Arms Clubhouse - with sliced boiled egg, served with our hand cut fries. \$15

Gnocchi with sweet pea & bacon, wilted arugula & Comencini's aged
mozzarella. \$17

Hot Beef Brisket Sandwich, shredded beef brisket, mushrooms, peppers &
goat cheese on portuguese roll. \$17

GF Pan Fried Haddock, with black bean & corn salsa, basmati rice, house
pickled lemon. \$17