



## "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

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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