



"The Arms"

at South Park & Spring Garden

Lunch

11am - 4pm

Soup & sandwich, changes daily. \$11

Seafood chowder, with toasted sliced baguette. \$15

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

Chopped romaine hearts with anchovy caesar dressing, bacon bits, croutons & parmesan cheese. \$13

Tuna Tartare - traditionally prepared with dijon, shallots and capers, topped with avocado puree, horseradish aioli, crostini. \$15

Ⓞ GF Greek Salad - plum tomatoes, english cucumber, red onions, bell peppers, feta, castelvetro & kalamata olives. \$14

Ⓞ GF Frisée & Fennel Salad with pickled rhubarb, golden raisin, field strawberries & crumbled goat cheese. \$14

Ⓞ V Buddha Bowl - chickpea salad, oven roasted sweet potato, avocado, watercress, lotus root chips & tamarind chutney. \$17

Spaghetti con pomodoro e tartufo - house made spaghetti, roma tomato & truffle sauce, grated parmesan & fresh basil. \$18

Ⓞ GF Cobb Salad - tandoori chicken, boiled egg, bacon bits, urban blue cheese, watercress & avocado with buttermilk dressing. \$16

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

Ⓞ GF Ginger & soy glazed oven baked Haddock Fillet, preserved lemon & basmati rice. \$19

Ⓞ GF Lavender & fennel pollen crusted Ahi Tuna, chickpea salad & sauce verde. \$20