



"THE ARMS"

at South Park & Spring Garden

LUNCH

SOUP OF THE DAY ~ <i>daily pot of soup</i>	8
SEAFOOD CHOWDER ~ <i>with toasted sliced baguette</i>	17
WEDGE SALAD ~ <i>iceberg, maple bacon, goat cheese, confit tomato, roasted garlic, frizzled onion, buttermilk ranch dressing</i>	16
KALE CAESAR SALAD ~ <i>with crispy smoked maple bacon, herb croutons, parm & house dressing</i>	16
HALLOUMI FLATBREAD ~ <i>grilled halloumi, tomato jam, mozzarella, arugula & goju drizzle</i>	17
TUNA TARTARE ~ <i>traditionally prepared with dijon, shallots and capers, topped with chipotle lime aioli, crostini</i>	19
CALAMARI ~ <i>garlic ginger marinated squid rings, semolina dusted, chipotle lime aioli, scallions</i>	17
AVOCADO TOAST ~ <i>thick rye bread, goat cheese, fresh tomato & sliced boiled egg</i>	14
CHARCUTERIE ~ <i>duo of local cheeses and cured meats, homemade chutney and spread, crostini</i>	27
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SOUP & SANDWICH ~ <i>changes daily</i>	15
LOBSTER ROLL ~ <i>with fries & coleslaw</i>	28
OVEN ROASTED CLUBHOUSE ~ <i>European bread, roasted pulled chicken, smoked bacon, tomato jam, crispy lettuce, mild cheddar & crispy fries</i>	17
TROUT & STONE FRUIT SALAD ~ <i>pan seared steel head trout, stone fruit, arugula & citrus vinaigrette</i>	25
CHICKEN PARM ~ <i>crispy chicken breast with tomato & broiled Grana Padano on fettuccine tossed in basil tomato sauce</i>	22
YELLOW COCONUT CURRY BOWL ~ <i>yellow curry broth, coconut milk, sweet potato, marinated tofu, jasmine rice, broccoli peanut salad</i>	19
PARMESAN CRUSTED COD FILLET ~ <i>maple parsley, roasted beet root puree, lobster sunchoke sauce, bacon squash risotto</i>	25
BLACK ANGUS BURGER ~ <i>chipotle aioli, iceberg, tomato jam, onions frites & crispy fries</i>	19

"COMFORT FOOD"

SWEET POTATO FRIES ~ <i>with truffle aioli</i>	10	CHICKEN POT PIE ~ <i>with pastry top</i>	19
CHICKEN WINGS & DRUMMIES ~ <i>fried crispy</i>	17	FISH & CHIPS ~ <i>beer battered haddock, fries & coleslaw</i>	19

TAVERN STYLE NACHOS

with house blend melted cheese, our own pickled banana peppers, salsa & sour cream