



"THE ARMS"

at South Park & Spring Garden

LUNCH

SOUP OF THE DAY	8
SEAFOOD CHOWDER ~ with toasted sliced baguette	15
TUNA TARTARE ~ traditionally prepared with dijon, shallots and capers, topped with avocado puree, horseradish aioli, crostini	16
KALE CAESAR SALAD ~ with crispy pancetta, herb croutons, parm & house dressing	14
CALAMARI FRITTI ~ buttermilk & semolina dusted, lightly fried, peri-peri sauce	16
AVOCADO TOAST ~ thick rye bread, goat cheese, fresh tomato & sliced boiled egg	14
GRILLED HALLOUMI CHEESE ~ with zatar spiced flatbread, pomegranate molasses & tahini	14
LOCAL CHEESE & PROSCIUTTO BOARD ~ two artisan local cheeses, thinly sliced prosciutto, grilled asparagus, duo of spreads, crostini	22
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SOUP & SANDWICH ~ changes daily	14
TRADITIONAL ATLANTIC LOBSTER ROLL ~ with fries & coleslaw	24
COBB SALAD BOWL ~ chicken tandoori, avocado, egg, pancetta crisps, sun-dried cranberries, local goat cheese, our buttermilk ranch dressing	18
BUDDHA BOWL ~ with roasted garlic and pepper tofu, chickpea salad, avocado, lotus root & basmati rice	18
BLACK ANGUS BURGER ~ dill pickle aioli, iceberg, tomato, red onion relish	19
CHICKEN PICATTA ~ pan seared boneless free range chicken breast thinly butterflied, roasted garlic & caper cream sauce, with a side kale caesar salad	20
CIABATTA CLUBHOUSE SANDWICH ~ with sliced boiled egg and crispy fries	16
MUSHROOM RAVIOLI ~ morel, portobello & cremini mushroom and ricotta cheese filled pasta with truffle chive sauce and shaved parm	18 sm & 26 lg
GOURMET GRILLED CHEESE ~ on challah style bread, with loads of mozzarella and provolone cheese, dill pickle aioli & crispy fries	16

"COMFORT FOOD"

SWEET POTATO FRIES ~ with truffle aioli	10	FISH & CHIPS ~ beer battered haddock, fries & coleslaw	19
CHICKEN DRUMMIES ~ fried crispy	15	CHICKEN POT PIE ~ with pastry top	19

TAVERN STYLE NACHOS

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