



BREAKFAST

CLASSIC EGGS BENEDICT

poached eggs, peameal bacon, hollandaise.

18

THE ARMS BREAKFAST

two eggs any style, home fries and choice of bacon, peameal ham or breakfast sausage

17

VEGGIE BENNY

sautéed spinach & portobello, hollandaise

18

AVOCADO TOAST

thick rye bread, goat cheese, fresh tomato & sliced boiled egg.

14

BAGEL & LOX

smoked salmon, cream cheese, pickled onion, capers, tomato and cucumber

19

PROTEIN BOWL

smokey black beans, chorizo sausage, sweet potatoes, half an avocado and topped with two fried eggs.

18

LOCAL BLUEBERRY PANCAKES

with lemon butter & maple syrup.

17

BLT

crispy bacon with sliced tomato & iceberg lettuce on whole wheat toast with home fries.

14

GRANOLA PARFAIT

mixed berries, plain yogurt.

9

BOXED BREAKFAST CEREAL - WITH SIDE FRESH BERRIES.

Rice Krispies, Corn Pops, Frosted Flakes, Fruit Loops, Special K, All Bran, Corn Flakes, Raisin Bran (cereals subject to availability)

6

BREAKFAST....SIDES

HALF AVOCADO

5

YOGURT, PLAIN

4

TOAST OR ENGLISH MUFFIN

3

HOME FRIES

4

SMOKED BACON, PEAMEAL HAM OR HOUSEMADE SAUSAGE

6

BEVERAGES

DRIP COFFEE 3

*We proudly serve Starbucks
medium roast*

ESPRESSO 4

CAPPUCCINO / LATTE

5

JUICES 4

OJ, Cranberry, Apple

TEA 3