



Breakfast at "The Arms"

at South Park & Spring Garden

Savoury

"The Arms", two eggs, any style, choice of meat, duck fatted triple cooked fingerlings. \$15

Classic eggs benedict, poached eggs, peameal bacon, hollandaise. \$17

Veggie benny, sautéed spinach & portobello, hollandaise. \$17

Lobster BLT, Nova Scotia lobster, smoked bacon, English bibb, sun-dried tomato paste, housemade focaccia & our duck fatted fingerlings. \$19

Avocado toast, thick rye bread, goat cheese, fresh tomato, sliced boiled egg. \$12

Sweet

Pastry basket, croissant, fresh baked daily breakfast loaf, muffins, maple pecan danish. \$11

Banana bread french toast, Sugarmoon Farms maple syrup & whipped cream. \$16

Local blueberry pancakes, lemon butter & maple syrup. \$16

Granola parfait, mixed berries, plain yogurt. \$8

Breakfast Made Easy

Selection of cold cereals, mixed berries. \$6

Mixed fruit plate, yogurt. \$9

Smoothies, strawberry-banana or mixed berry protein. \$7

Steel-cut oatmeal, brown sugar, raisins & cream. \$8

...And

Yogurt, plain or vanilla. \$4

Grilled tomatoes. \$3

Toast or English muffin. \$3

Triple cooked fingerling potatoes. \$4

Bacon, peameal or housemade sausage. \$5

One egg, any style. \$3