



## Brunch at "The Arms"

at South Park & Spring Garden

*All Savoury and Sweet Brunch items include a complimentary caesar or mimosa*

### Savoury

Tuna Tartare - traditionally prepared with dijon, shallots and capers, topped with avocado puree, horseradish aioli, crostini. \$14

"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

Brunch Burger - House ground angus beef with a sunny side egg, swiss cheese. \$19

Beer battered haddock & chips. \$17

Gnocchi with sweet pea & bacon, wilted arugula & Comencini's aged mozzarella. \$17

Baked Eggs Pro-vençale, with fresh herbs, sun-dried tomatoes & olive miscela. \$15

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

House made pizza - baked with local artisan aged mozza, EVOO, baby spinach, foraged mushrooms & caramelized onions. \$17

### Sweet

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

### It's 5 O'Clock Somewhere

"The Arms" 2 oz Caesar or Bloody Mary. \$7

Executive Mimosa. \$6