



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. \$16

Veggie benny, sautéed spinach & portobello, hollandaise. \$16

Far East Omelette, green chilies, tomato, spinach, potato, coriander, spicy curry sauce. \$16

Lobster BLT, Nova Scotia lobster, smoked bacon, English bibb, sun-dried tomato paste,
housemade brioche & our duck fatted fingerlings. \$18

Steak & eggs, two eggs any style, 6oz AAA striploin, arugula & grilled tomato. \$19

Sweet

Daily baked pastry basket, croissant, pain au chocolat, muffins, maple pecan danish. \$11

Banana bread french toast, Sugarmoon Farms maple syrup & whipped cream. \$15

Belgian style waffle with chantilly cream, fresh berries and maple syrup. \$13

Raspberry ricotta pancakes, lemon butter & maple syrup. \$15

Breakfast Made Easy

Selection of cold cereals, mixed berries. \$5

Mixed fruit plate, yogurt. \$9

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

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

...And

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

Yogurt, plain or flavoured. \$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