

THE ARMS

At The Lord Nelson Hotel & Suites

BREAKFAST

V BREAD & BUTTER 5

Grilled Artisanal Bread with Whipped Brown Butter and Molasses

V **DF** AVOCADO TOAST 17

*Thick Cut Rye Toast, Smashed Avocado, Poached Eggs, Pico de Gallo
Chimichurri Rojo, Scallions, Cilantro, Fresh Fruit*

EGGS BENEDICT 23

*Poached Eggs, Toasted English Muffin, Hollandaise,
Peameal Bacon, Potato Wedges*

SMOKED SALMON EGGS BENEDICT 25

*Locally smoked Atlantic Salmon,
Soft Poached Eggs with Hollandaise, Potato Wedges*

DF THE ARMS CLASSIC BREAKFAST 19

Choice of Sausage or Bacon, Two Eggs Any Style, Potato Wedges, Toast and Fruit Garnish

V VEGGIE BENNY 22

*Maitake Mushrooms and Asparagus, Poached Eggs, Toasted
English Muffin, Hollandaise, Potato Wedges*

BREAKFAST BISCUIT 18

*House Baked Homestyle Biscuit, Fried Egg, Smoked Ham, Aged
Cheddar, Caramelized Onion Aioli, Home Fries*

SOURDOUGH FRENCH TOAST 19

*Berry and Vanilla Bean Compote, Lightly Whipped Cream,
Bacon, Small Batch Nova Scotia Maple Syrup*

DF ROASTED TOMATO & MAITAKE MUSHROOM TARTINE 19

*Maitake Mushroom "Bacon", Roasted Cherry Tomatoes,
Grilled Sourdough, Garlic Hummus, Home Fries*

SMOKED SALMON TOAST 22

*Locally Smoked Atlantic Salmon, Grilled Sourdough, Chive and Goat Cheese Mousse,
Pickled Squash, Arugula, Shaved Red Onion, Fried Potato Wedges*

PEACH COBBLER OVERNIGHT OATS 18

*Almond Milk Soaked Steel Cut Oats, Poached Valley Peaches, Pecan
Crumble, Small Batch Spiced Local Maple Syrup*

BREAKFAST SIDES

HALF AVOCADO 5

TOAST OR ENGLISH MUFFIN 3

SMOKED BACON, PEAMEAL OR BREAKFAST SAUSAGE 6

YOGURT, PLAIN GREEK 4

HOME FRIES 5

BOXED BREAKFAST CEREAL WITH SIDE FRESH BERRIES 7

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

BEVERAGES

ESPRESSO 4.5

TEA 3.5

CAPPUCCINO 5.5

JUICES 4.5

Orange, Cranberry or Apple

DRIP COFFEE - STARBUCKS MEDIUM ROAST 3.5