

# 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 22

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

### SMOKED SALMON EGGS BENEDICT 24

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

### **DF** THE ARMS CLASSIC BREAKFAST 17

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

### **V** VEGGIE BENNY 21

*Sautéed Kale, Charred Bell Pepper, Scallions, Poached Eggs,  
Toasted English Muffin, Hollandaise, Potato Wedges*

### BREAKFAST BURGER 21

*4oz Beef Patty, Over Easy Egg, Smashed Avocado,  
Bacon, Tuscan Greens, Tomato, Potato Wedges*

### SOURDOUGH FRENCH TOAST BAKE 20

*Bread Pudding Style French Toast, Bacon, White Chocolate  
Cremieux, Local Small Batch Spiced Maple Syrup, Pistachios*

### **GF** **DF** BREAKFAST SKILLET 19

*Choice of Eggs, Smoked Bacon Lardons, Acorn Squash,  
Kale, Green Onion, Red Pepper, Sweet Potato*

### **V** VEGETARIAN BREAKFAST BURRITO 17

*Smashed Avocado, Scrambled Egg, Smoked Cheddar, Jalapeno,  
Spinach, Flour Tortilla, Potato Wedges*

### **GF** **DF** PUMPKIN PIE OVERNIGHT OATS 16

*Almond Milk-Soaked Oats, Chia Seeds, Candied Pumpkin Seeds,  
Local Small Batch Spiced 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 / LATTE 5.5

JUICES 4.5

*Orange, Cranberry or Apple*

DRIP COFFEE - STARBUCKS MEDIUM ROAST 3.5