

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 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 23

*Sautéed Spinach, Scallions and Maitake Mushrooms,
Poached Eggs, English Muffin, Hollandaise*

BREAKFAST SANDO 18

*Italian Sausage Patty, Fried Egg, Arugula, Smoked
Cheddar, Caramelized Onion Aioli*

SOURDOUGH FRENCH TOAST 21

*Egg-Dipped Thick-Cut Sourdough, Fig Compote, Cinnamon
Chantilly, Spiced Maple Syrup, Crispy Bacon*

Vegan **DF** ROASTED SQUASH TARTINE 22

*Grilled Sourdough, Pumpkin Hummus, Roasted Acorn
Squash, Rosemary Honey, Kale Crisps*

SMOKED SALMON TOAST 23

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

Vegan **GF** ALMOND & COCONUT OVERNIGHT OATS 18

*Steel-Cut Oats, Coconut Milk, Vegan Yogurt,
Toasted Coconut, Almond Crumble*

BREAKFAST SIDES

HALF AVOCADO 5

TOAST OR ENGLISH MUFFIN 3

BACON, PEAMEAL BACON 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