



"THE ARMS"

at South Park & Spring Garden

LUNCH

SOUP DU JOUR ~ <i>check with your server</i>	8
SWEET POTATO, CARDAMOM AND GINGER SOUP ~ <i>birch infused with roasted hemp seeds and sliced french baguette</i>	9
SEAFOOD CHOWDER ~ <i>with toasted sliced baguette</i>	17
TUNA TARTARE ~ <i>with avocado, chives, lime soya sesame dressing and capers topped with garlic lime aioli</i>	19
GRILLED CAESAR ~ <i>grilled romaine hearts, crispy smoked maple bacon, herb crouton, grana padano & house dressing</i>	16
FRIED BRUSSELS SPROUTS ~ <i>shaved dehydrated apple and marinated brussels with candied walnuts and maple vinaigrette</i>	16
BAKED BRIE ~ <i>triple cream baked brie with olive oil herb compressed pear, lemon peel jam & crostinis</i>	15
CHICKPEA FLATBREAD ~ <i>cauliflower flatbread, curried chickpeas, wilted spinach & roasted red pepper cream cheese spread</i>	16
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CLAMS AND CHIPS ~ <i>corn flour dusted fried whole belly clams, zesty tartare sauce and red cabbage slaw</i>	17
LOBSTER ROLL ~ <i>with fries & red cabbage slaw</i>	28
OVEN ROASTED CLUBHOUSE ~ <i>euro roll with roasted pulled chicken, smoked bacon, tomato jam, crispy lettuce, mild cheddar & crispy fries</i>	18
OPEN FACED PROSCIUTTO & PEAR SANDWICH ~ <i>sliced prosciutto, fresh pears, goat cheese & cranberry spread, salted pumpkin seeds on olive oil drizzled focaccia bread</i>	18
PAPPARDELLE ~ <i>ribbons of pasta with sautéed forest mushrooms in a garlic & boursin cream sauce</i>	25
YELLOW COCONUT CURRY BOWL ~ <i>yellow curry broth, coconut milk, sweet potato, curried chick peas, jasmine rice, broccoli & peanuts</i>	19
BLACK ANGUS BURGER ~ <i>garlic lime aioli, iceberg, tomato jam, onion frites & crispy fries</i>	19
SEARED CHAR ~ <i>pan seared arctic char with barley risotto, grapeseed basil oil, and semi dried tomato</i>	25

"COMFORT FOOD"

SWEET POTATO FRIES ~ <i>with truffle aioli</i>	10	CHICKEN POT PIE ~ <i>with pastry top</i>	19
CHICKEN WINGS & DRUMMIES ~ <i>fried crispy</i>	17	FISH & CHIPS ~ <i>beer battered haddock, fries & red cabbage slaw</i>	19

TAVERN STYLE NACHOS

with house blend melted cheese, our own pickled banana peppers, salsa & sour cream