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# CHAMPIONS

Since 1962

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## STARTERS

Jumbo Shrimp  
Cocktail Sauce, Fresh Lemon 3.55 each

Tuna Sashimi  
Seared Ahi Tuna, Asian Slaw, wasabi,  
pickled ginger, soy 15

P.E.I. Mussels  
white wine & garlic tomato broth 12

Fried Calamari  
buttermilk batter, garlic butter, red pepper flakes,  
cherry peppers, parsley, house marinara 13

Wings and Tenders  
Choice of bone in wings or boneless chicken  
tenders. served either buffalo style with blue cheese  
or natural 12

Chicken Parmesan Egg Rolls  
chicken, mozzarella, basil and tomato.  
Marinara for dipping. 10

Southwestern Quesadilla  
Colby cheddar cheese, roasted red peppers,  
jalapenos, sour cream and pico de gallo 10  
Add Chicken 4 Add Grilled Shrimp 5

Blackened Fish Tacos (3)  
Blackened haddock, cabbage slaw, sriracha aioli, served on warm flour tortillas. 13

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### Chef's Flat Bread Pizza of the Day 12

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## SOUP AND SALAD

New England Clam Chowder  
Cup 4.50 Bowl 6.25

Chef's Soup Du Jour  
Cup 3.50 Bowl 5.25

French Onion Soup Gratinée 8

Clubhouse Tossed Salad  
Crispy mixed greens, cucumbers, red onions,  
tomatoes, black olives, colby cheddar cheese, garlic  
croutons. 8

Iceberg Wedge  
Iceberg, smoked bacon, grape tomatoes, red onions,  
blue cheese crumbles, house made blue cheese  
dressing, 12

Caesar Salad  
Romaine lettuce tossed with  
creamy caesar dressing, parmesan cheese,  
garlic croutons. 9

Superfood  
Quinoa, baby spinach, dried cranberries, feta, grape  
tomatoes, avocado, julienne vegetables, grilled lemon,  
lemon balsamic 11.5

Spring Salad  
Mixed greens, asparagus tips, new potato, fresh  
chive, cherry tomatoes and hard boiled egg.  
mustard vinaigrette 11

Cobb  
Grilled Chicken, romaine, avocado, onions, grape  
tomatoes, egg, chopped bacon, blue cheese  
crumbles. 15

### Salad Additions

Chicken 5 Salmon 8 Shrimp 8  
Seared Yellowfin Tuna 9 Steak Tips 9 Tuna Salad 5 Chicken Salad 5

### Dressing Selections

Italian, Lemon Balsamic, Ranch, Blue Cheese, Caesar, Thousand Island,  
Parmesan Peppercorn, Balsamic Vinaigrette, Honey Chipotle, Mustard Vinaigrette

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A 20% gratuity is applied to parties of 6 or more. \$2 charge for split plates.  
Before placing your order, please inform your server if a person in your party has a food allergy.  
Consuming rare or undercooked meat, fish, shellfish & poultry may be harmful  
to your health and increase the risk of foodborne illness

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## BURGER BAR

Ground Beef, Ground Turkey or  
Broiled Chicken Breast

topped with your choice of American, Swiss, Cheddar,  
Provolone, Pepper jack, or Gorgonzola cheese. 12

Add sautéed mushrooms, onions or peppers .50  
Smoked bacon 2 Avocado 1

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## CLUB CLASSICS

Club Classics come with a choice of one side: Seasonal fruit, House Chips, Cole Slaw,

Turkey, Ham & Swiss, Tuna or  
Chicken Salad Sandwich

Choice of bread or wrap w/ lettuce & tomato. choice  
of potato chips or fresh fruit 9

Turkey Club

Thinly sliced breast of turkey, American cheese, crispy  
bacon, lettuce, tomato & mayonnaise. 12

Philly Cheese Steak Wrap

Grilled shaved steak with peppers, onions,  
mushrooms, melted American cheese in a wrap of your  
choice. 13

BLT

Hickory smoked bacon, Iceburg Lettuce, Tomato and  
Mayonnaise 9

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### *Build your own Grilled Cheese*

*American, Swiss, Pepper Jack, Provolone or Cheddar 8*

Add: Tomato or Avocado 1 Crisp Bacon 2  
Smoked Black Forest Ham 3 Tuna Salad 3

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## MAIN COURSE

served with House Salad or Caesar Salad

Baked Haddock

Baked haddock topped with a light seasoned house  
made crumb topping served with house vegetable. 16

Salmon

Grilled or Pan Seared Cajun Salmon, served with house  
vegetable

Seared Scallops over Wilted Spinach

Seared scallops over wilted spinach, topped with a  
drizzle of balsamic reduction 17

Mediterranean Chicken Risotto

Pan seared chicken, artichoke hearts, marinated  
tomatoes, spinach, basil, feta, lemon butter sauce, pesto  
risotto 16

Vegetarian Pesto Pasta

Roasted tomatoes, artichokes, penne pasta, tossed in a  
creamy pesto sauce, finished with shaved parmesan.  
15

Nori Veggie Wrap 11

Hummus, hoisin, spinach, carrots, cabbage, avocado

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## CHOICES AND SIDES

Breads: White, Wheat or Marble Rye

Wraps: White, Wheat, Sun Dried Tomato or Pesto

Sweet Potato Fries 2.00 extra

Cole Slaw 2.5

French Fries 2.5

Fruit Cup 3

Bowl of Seasonal Fruit 7

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