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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 garlic butter, red pepper flakes, cherry  
peppers, parsley, house marinara 13

Wings or 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

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

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

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

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

**Cobb**  
Romaine, avocado, onions, grape tomatoes, egg,  
chopped bacon, blue cheese crumbles 11

### 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,  
French Fries, Sweet Potato Fries and Onion Rings add 2

Bread choices: White, Wheat, Rye and Marble  
Wrap choices: White, Wheat, Spinach and Sundried Tomato

### California Chicken

Grilled chicken, black forest ham, chipotle mayo,  
guacamole, pepper jack cheese, ciabatta 14

### Turkey Club

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

### Nori Veggie Wrap

Hummus, hoisin, spinach, carrots, cabbage  
avocado 11

### Philly Cheese Steak Wrap

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

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## MAIN COURSE

Served with House Salad or Caesar Salad

### Frutti Di Mare

Scallops, mussels, calamari, shrimp, simmered in  
a spicy red sauce, served over fettuccini 26

### Citrus Fennel Salmon

Grilled salmon filet, citrus glaze, fennel, vegetable  
and choice of starch 22

### Mediterranean Chicken Risotto

Pan seared chicken, artichoke hearts, marinated  
tomatoes, spinach, basil, feta, lemon butter sauce  
and pesto risotto 21

### Bourbon Steak Tips

Grilled bourbon tips, onions, peppers, mushrooms,  
bourbon demi, vegetable and choice of starch 22

### Spring Chicken

Grilled chicken breast, mushroom ravioli, fresh  
peas, and chives finished with goat cheese, fresh  
herb cream sauce 21

### Grilled Filet Mignon

Grilled filet, roasted shallot, grilled asparagus, red  
wine demi 34

### Baked Haddock

Fresh haddock filet, lemon beurre blanc,  
seasoned crumb topping, vegetable and choice of  
starch 22

### Veal Parmesan

Breaded veal, house marinara, fresh basil with  
pasta choice 21

### Vegetarian Pesto Pasta

Roasted tomatoes, artichokes, penne pasta, tossed  
in a creamy pesto sauce with shaved parmesan 17

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