
CHAMPIONS

Fall Lunch Menu

Starters

Jumbo Shrimp
Cocktail Sauce, Fresh Lemon 3.55 each

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

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

Daily Spring Roll
Please ask your server for daily selection. 11

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

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

Blackened Mahi Mahi, shredded lettuce, Pico de Gallo, avocado topped with Mexican crème,
served on warm flour tortillas. 13

Blackened Mahi Mahi Tacos (3)

Chef's Flat Bread Pizza of the Day 12

SOUP AND SALAD

New England Clam Chowder
Cup 4.50 Bowl 6.25

House Made Chili
Topped with melted shredded cheddar and chopped red onions.
Cup 4 Bowl 8

Chef's Soup Du Jour
Cup 3.50 Bowl 5.25

French Onion Soup Gratinée 8

Clubhouse Tossed Salad

Iceberg Wedge

Crispy mixed greens, cucumbers, red onions,
tomatoes, black olives, Colby cheddar cheese, garlic
croutons. 8

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

Caesar Salad

Superfood

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

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

Fall Arugula Salad

Cobb

Fresh arugula sliced red delicious apples, dried
cranberries, red seedless grapes, glazed walnuts,
Gorgonzola cheese, with balsamic dressing. 11

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

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.

BURGER BAR

Ground Beef, Ground Turkey or
Broiled Chicken Breast

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

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

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

Turkey, Ham & Swiss, Tuna or
Chicken Salad Sandwich

Blackened Salmon Caesar Wrap

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

Blackened Salmon, romaine tossed with Caesar &
shaved parmesan on wrap of your choice. 16

BLT

Turkey Club

Hickory smoked bacon, lettuce, tomato and
mayonnaise. 9

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

Pepper Jack Chicken BLT

Philly Cheese Steak Wrap

Grilled chicken, melted Pepper Jack cheese, crisp
bacon, lettuce, tomato and mayonnaise on grilled
ciabatta. 14

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

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

Main Course

served with House Salad or Caesar Salad

Baked Haddock

Mediterranean Chicken Risotto

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

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

Salmon

Chicken Parmesan

Grilled or Blackened, served with vegetable of the
day. 16

Parmesan Panko encrusted chicken topped with
house made marinara & mozzarella cheese
served over penne or fettuccine pasta. 16

Seared Scallops over Wilted Spinach

Fish n' Chips

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

Prepared in a light batter and deep-fried to a
golden crisp perfection. 17

Choices and Sides

Breads: White, Wheat or Marble Rye

Wraps: White, Wheat, Sun Dried Tomato or Spinach

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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