
CHAMPIONS

Spring Lunch Menu

Starters

Jumbo Shrimp
Cocktail Sauce, Fresh Lemon 3.55 each

Tuna Sashimi
Sushi-grade Saku Tuna, Cajun crusted, seared rare,
edamame rice noodle salad, garnished with pickled
ginger, soy and wasabi 15

P.E.I. Mussels
Fresh tomato, garlic and shallots served in a pink
marinara and white wine with grilled Artisan
baguette 13

Fried Calamari
Buttermilk batter, garlic butter, cherry peppers,
Parsley, house marinara for dipping 13

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

Veggie Egg Roll
Served with Thai chili dipping sauce 9

Southwestern Quesadilla
Colby cheddar cheese roasted red peppers,
jalapenos, sour cream and Pico de Gallo 10
Add Chicken 5 Add Grilled Shrimp 6

Crab Cake
Maryland style blue crab with spicy remoulade sauce
and fresh seasoned watercress 14

BUILD YOUR BOWL

Select a Grain: Quinoa, Couscous, Jasmine Rice
Go Green: Arugula, Kale Color Crunch, Arcadian Mix, Spinach

Load on the produce – (choose 3)
Avocado, Cucumber, Kalamata Olives, Picked Red Onions, Roasted Plum Tomatoes, Asparagus

Complete – (choose 4)
Cheese: Feta, Parmesan, Bleu
Dressing: Balsamic Vinaigrette, Lemon Balsamic, Creamy Parmesan, Fresh Herbs, Basil, Cilantro, Dill
Nuts: Candied Walnuts, Pumpkin Petitas Seeds, Pistachios

\$12.00

Pick a Protein:
Grilled Chicken Breast 6, Grilled Shrimp 8, Salmon 9, Grilled Steak 10

FRESH SPRING SALADS

Clubhouse Tossed Salad
Crispy mixed greens, cucumbers, red onions,
tomatoes, black olives, Colby cheddar cheese, garlic
croutons. 9

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

Asparagus Butter Lettuce Salad
Raw asparagus, butter lettuce, grape tomatoes and
red onions, tossed with a lemony vinaigrette,
topped with mozzarella and pistachios 12

BLT Chopped Salad
Chopped Romaine, green apples, tomatoes,
avocado, bacon, crumbled bleu cheese and a side
of balsamic dressing 13

Salad Additions

Chicken 6 Salmon 9 Shrimp 8
Saku Tuna 10 Steak Tips 10 Tuna Salad 5 Chicken Salad 5

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

Served on Grilled Brioche
Ground Beef, Broiled Chicken, Meatless Impossible Burger

topped with your choice of American, Swiss, Cheddar,
Provolone, Pepper jack, or Gorgonzola cheese. 13

Add sautéed mushrooms, onions or peppers .75
Smoked bacon 2 Avocado 1

CLUB CLASSICS

Club Classics come with a choice of one side: Seasonal fruit, House Chips, Cole Slaw,
Bent Arm Ale Fries
Sweet Potato Fries and Onion Rings add 2

Turkey, Ham & Swiss, Tuna or
Chicken Salad Sandwich
Choice of bread or wrap w/ lettuce & tomato.
choice of potato chips or fresh fruit. 10

California Chicken Sandwich
Grilled Chicken, Swiss cheese, avocado, roasted red
pepper, tomatoes and creamy pesto mayonnaise on
toasted ciabatta 14

BLT
Hickory smoked bacon, lettuce, tomato and
mayonnaise. 10

Turkey Club
Thinly sliced breast of turkey, American cheese,
crispy bacon, lettuce, tomato & mayonnaise. 13

Pastrami
Lean Pastrami, Swiss cheese, spicy mustard on
grilled marble rye 12

BLTA
Chicken Salad Lettuce Wraps
Chicken Salad, tomatoes, crisp bacon, avocado 12

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

Margarita Pizza
Gluten free crust, pesto, mozzarella, tomato and
fresh basil 12

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

Bourbon Turkey Tips
Bourbon Chicken Tenderloin Tips, topped with
peppers, onions & mushroom, served with
vegetable of the day 16

Seared Scallops
Seared scallops, Arugula and Spring Pea Pesto 17

Fish n' Chips
Prepared in a light batter and deep-fried to a
golden crisp. 17

CHOICES AND SIDES

Breads: White, Wheat or Marble Rye
Wraps: White, Wheat, Sun Dried Tomato or Spinach

Cole Slaw 2.5
Bent Arm Ale French Fries 2.5
Fruit Cup 3
Bowl of Seasonal Fruit 7

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