
CHAMPIONS

Since 1962

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

Chef's Flat Bread Pizza of the Day 12

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

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

CLUB CLASSICS

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

Turkey, Ham & Swiss, Tuna or
Chicken Salad Sandwich
Choice of bread or wrap with lettuce & tomato,
homemade potato chips or seasonal fruit 9

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

BLT
Hickory smoked bacon, Iceberg Lettuce, Tomato and
Mayonnaise 9

Philly Cheese Steak Wrap
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
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 16

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

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

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.