



# Champions

serving lunch 11 am - 5 pm

## Off The Tee

### Jumbo Shrimp 3.55 each

Served with cocktail sauce and fresh lemon wedge.

### Maryland Crab Cakes 13

Pan seared and served over a bed of arugula, red onions & cucumbers topped with a drizzle of lemon aioli.

### Chef's Flat Bread Pizza of the Day 11

Grilled flat bread with chef's topping of the day

Gluten free 1.50 extra

### GF Tuna Sashimi 15

Cajun seared sushi grade tuna, thinly sliced, and placed over a bed of pickled julienne vegetables and chopped avocado. Served with pickled ginger, wasabi and lite soy sauce.

### Buffalo Chicken Tenders 12

Fresh plump hand-breaded chicken tenders tossed in buffalo sauce served with bleu cheese for dipping.

### Chicken in a Basket 12

Bone-in deep fried chicken, a Pleasant Valley tradition, served with bleu cheese for dipping.

### Mozzarella Sticks 10

Served with house marinara.

### GF P.E.I Mussels 12

Sautéed in a white wine & garlic tomato broth.

### Fried Calamari 13

Breaded, deep fried and tossed in garlic butter, red pepper flakes, cherry peppers and parsley, served with marinara.

### GF Sautéed Calamari 12

Calamari sautéed with garlic, butter and fresh parsley.

### Southwestern Quesadilla 10

Colby cheddar cheese, roasted red peppers and jalapenos between grilled flour tortillas with sour cream & pico de gallo.

Add Chicken 3 Add Grilled Shrimp 5

### Buffalo Chicken Quesadilla 12

Buffalo chicken, colby cheddar cheese and chopped scallions in between grilled flour tortillas topped with ranch dressing and scallions.

### Fish Tacos 13

Beer battered fresh haddock topped with lettuce, tomato salsa and avocados, drizzled with Mexican creme, served on warm flour tortillas.

### Caprese Salad 11

A stack of heirloom tomatoes, fresh mozzarella and chiffonade of basil with a drizzle of extra virgin olive oil and balsamic reduction.

## Warm Ups

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

Add Bread Boule 2.50

## The Greens

### Clubhouse Tossed Salad 7

Crispy mixed greens, cucumbers, red onions, tomatoes, black olives, colby cheddar cheese and garlic croutons.

### Caesar Salad 8

Romaine lettuce tossed with creamy caesar dressing and parmesan cheese, topped with garlic croutons.

### The Closest to the Pin 10

Mixed greens topped with diced pears, red grapes, dried cranberries, and crumbled gorgonzola cheese tossed with our house-made balsamic vinaigrette and pita chip garnish.

### Chopped Iceberg Salad 10

Chopped iceberg lettuce topped with tomatoes, red onion, sliced boiled egg, avocado, bacon & gorgonzola crumbles, served with a side of your choice of dressing.

### Add Toppings to your Favorite Salad

Grilled Chicken 5, Tuna Salad 6, Cajun Shrimp 8, Bourbon Tips 8, Salmon 10

### Dressing Selections

Italian, Ranch, Bleu Cheese, Caesar, Thousand Island, Parmesan Peppercorn, Balsamic Vinaigrette, Honey Chipotle or Honey Lime Sesame Vinaigrette.

### GF Chopped Lobster Salad 17

Chopped iceberg lettuce topped with chunks of Maine lobster, tomatoes, red onion, sliced boiled egg, avocado, bacon & gorgonzola crumbles finished off with a drizzle of our house-made bleu cheese dressing.

### GF Cajun Seared Tuna Bok Choy Salad 16

Bok Choy topped with cucumbers, match stick carrots, peppers, daikon, green onions and sesame seeds, served with a side of sesame honey lime vinaigrette dressing.

### Santa Fe Grilled Chicken Salad 15

Fresh bowl of romaine topped with layers of marinated grilled chicken, colby cheddar cheese, tomatoes, avocados, black beans, cilantro and tortilla strips. Served with cheese quesadilla wedges and a side honey chipotle dressing. \*Can be made gluten free

## Quick Tee Time

For those limited on time

Cup of Tuna Salad or Chicken Salad 7

Turkey Sandwich 9

Ham & Swiss Sandwich 9

Tuna or Chicken Salad Sandwich 9

House Salad topped with Chicken Salad or Tuna Salad 11

Served on a fresh bulkie, wheat bread or wrap with choice of potato chips or fresh fruit

Gluten Free Bread Available Upon Request



## Burger Trap

**Champions Burger or Broiled Chicken Breast 12**  
8 oz Char-broiled burger or filet of chicken topped with your choice of American, Swiss, Cheddar, Provolone, Pepperjack or Gorgonzola cheese.

\*(above can be prepared blackened)

Add sautéed mushrooms, onions or peppers **0.50** each  
Smoked bacon **2** Avocado **1**

**Spinach & Feta Turkey Burger 10**  
House-made and topped with sliced cucumbers, red onion and tzatziki.

**Teriyaki Salmon Burger 13**  
House-made teriyaki salmon burger topped with lettuce, tomatoes, red onion and sriracha mayonnaise.

**GF** Gluten Free Bread Available Upon Request

All Burgers and Sandwiches come with a choice of one side: Seasonal fruit, Homemade Chips, Cole Slaw, Steamed Broccoli Florets, French Fries or Onion Rings. Sweet Potato Fries **1.50** extra

## Sandwedges

**BLT 9**  
Crispy bacon, crunchy lettuce, cool ripe tomato on your choice of bread with just the right amount of mayonnaise.

**Grilled Cheese 8**  
American, Swiss, Pepper Jack, Provolone or Cheddar  
Add Crisp Bacon **2** Tomato **.75** Avocado **1**  
Add Lean Ham or Tuna Salad **2**

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

Above served on your choice of bread: White, Wheat, Marble Rye or Sourdough  
Wraps: White, Wheat, Sun Dried Tomato or Pesto

**Grilled Portobello Mushroom, Roasted Red Pepper & Goat Cheese Wrap 13**  
Grilled portobello mushroom, roasted red peppers, melted goat cheese and balsamic reduction, served on a grilled pesto wrap.

**BBQ Chicken N' Cheese 12**  
Shaved chicken, BBQ sauce, cheddar cheese and caramelized onions on a grilled ciabata roll.

**Philly Cheese Steak Wrap 13**  
Grilled shaved steak with peppers, onions and mushrooms topped with melted American cheese in a wrap of your choice.

**Salmon BLT 15**  
Grilled Salmon, crispy bacon, lettuce, tomato and mayo served on grilled ciabatta.

**Chipotle Crispy Chicken BLT 13**  
Fried breaded chipotle chicken breast topped with melted pepper jack cheese, crispy bacon, lettuce, tomato and chipotle aioli served on grilled ciabatta.

## Small Plates

Served with House salad or Caesar salad

**Fried Haddock & Chips 16**  
Fresh haddock, breaded and deep fried, served with crisp fries and cole slaw.

**Baked Haddock 16**  
Baked haddock topped with a light seasoned house-made crumb topping, served with the vegetable of the day.

**GF** Grilled Salmon **16**  
Grilled salmon topped with pesto and a drizzle of balsamic reduction, served with the vegetable of the day.

**GF** Seared Scallops over Wilted Spinach **17**  
Seared scallops over wilted spinach, topped with a drizzle of balsamic reduction.

v Creamy Sun-Dried Tomato Fettuccine **14**  
Fettuccine tossed with garlic, sun-dried tomatoes, creamy goat cheese & topped with chiffonade of fresh basil.

**GF** Grilled Chicken Breast **14**  
Seasoned grilled chicken breast served, with the vegetable of the day.

**Chicken Fresca 16**  
Chicken sautéed with fresh grape tomatoes, roasted garlic, artichoke hearts and spinach pan sauce, finished with fresh Parmesan over your choice of pasta.

**Chicken Parmesan 16**  
Sautéed breaded chicken breast, marinara, mozzarella cheese and fresh basil.

**Bourbon Tips Risotto 17**  
Bourbon tips sautéed with mushrooms, caramelized onions and demi glace served, on top of creamy Parmesan risotto.

**Chicken Bruschetta 15**  
Grilled seasoned chicken topped with ricotta, chopped tomatoes, garlic, shaved parmesan and a drizzle of balsamic reduction & fresh basil, with a side of vegetable of the day.

## Baskets

**Homemade Potato Chips & Onion Dip 6**

**Hand Breaded Onion Rings 7**

**Garlic Parmesan Cheese Fries 7**

**French Fries 5**

**Fried Chicken Tenders & Fries 10**  
Fried boneless chicken tenders with french fries served with your choice of one dipping sauce.

## Sides

**Cole Slaw 2.50**

**French Fries 2.50**

**Onion Rings 2.50**

**Fruit Cup 2.50**

**House Vegetable 2.50**

**Bowl of Seasonal Fruit 7**

**Steamed Broccoli Florets 2.50**