# **CHAMPSS**

## BREAKFAST

## Classic Breakfast\*\*

2 eggs your way, fresh fruit, greek yogurt, and your choice of wheat berry toast or a whole wheat English muffin.

– Optional: Turkey Sausage Patty

#### **Omelette**

2 eggs lightly whipped and filled with bell peppers, onions, and cheddar cheese. Served with greek yogurt and your choice of wheat berry toast or a whole wheat English muffin.

- Optional: Diced Ham

## **Shrimps & Grits**

Our twist on a Southern favorite. Sautéed shrimp, holy trinity, and heavy cream with Gruyere cheese. – Gluten Free

## **Breakfast Sandwich**

Turkey sausage on a whole wheat English muffinwith scrambled egg, cheese, and our maple aioli. Served with fresh fruit and greek yogurt.

 Your choice of cheddar, Swiss, provolone, or pepper jack cheese.

#### LUNCH

## Cheeseburger

Ground beef patty on a whole wheat bun with cheese, lettuce, tomato, and pickle. Served with one side.

- Your choice of cheddar, Swiss, provolone, or pepper jack cheese.

#### **Meatloaf Melt**

Mom's homemade meatloaf on a whole wheat bun with cheddar cheese, lettuce, red onion, and mayo. Served with one side.

## **Shrimp Sandwich\*\***

Sautéed shrimp on a whole wheat bun topped with lettuce, tomato, pickle, and our Cajun remoulade. Served with one side.

### **Tacos**

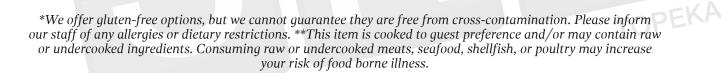
2 corn tortillas or a rice bowl topped with your choice of grilled salmon or jerk chicken and three toppings. Served with one side.

- Toppings: Black Bean & Corn salsa, Pineapple salsa, Pico De Gallo, Cotija cheese, shredded cheddar cheese, zesty Greek crema, or quacamole.

### Salad

Fresh crisp greens topped with your choice of sautéed shrimp\*\*, grilled salmon, or jerk chicken and 3 toppings. Served with a jalapeño cheddar corn muffin.

- Toppings: black bean & corn salsa, pineapple salsa, cotija cheese, shredded cheddar cheese, mandarin oranges, dried cranberries, or pecans.



## SIDES

**Fresh Fruit** 

**Side Salad** 

**Creamy Slaw** 

**Baked Beans** 

**Mashed Potatoes** 

**Street Corn** 

**Greek Yogurt** 

BEVERAGES	
Coffee, Tea, Milk, or Juice	\$3
<b>Soda</b> Coke, Diet Coke, Sprite, Dr. Pepper, Barq's Root Beer, Lemonade	\$3
<b>Mimosa</b> Orange, Pineapple, or Cranberry	\$6
SKY's Bloody Mary	\$6.50



\*We offer gluten-free options, but we cannot guarantee they are free from cross-contamination. Please inform our staff of any allergies or dietary restrictions. \*\*This item is cooked to guest preference and/or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, seafood, shellfish, or poultry may increase your risk of food borne illness.