

# CHAMPSS

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## 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 muffin - with scrambled egg, cheese, and our maple aioli. Served with fresh fruit and greek yogurt.

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

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## 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 guacamole.*

### 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.*

*\*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.*

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## SIDES

**Fresh Fruit**

**Side Salad**

**Creamy Slaw**

**Baked Beans**

**Mashed Potatoes**

**Street Corn**

**Greek Yogurt**

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## BEVERAGES

**Coffee, Tea, Milk, or Juice**

\$3

**Soda**

Coke, Diet Coke, Sprite, Dr. Pepper, Barq's Root Beer, Lemonade

\$3

**Mimosa**

Orange, Pineapple, or Cranberry

\$6

**SKY's Bloody Mary**

Mild or Spicy

\$6.50

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