

SKY CHAMPSS Menu

BREAKFAST ~ M-F 8-11

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 or Turkey Sausage

Shrimps & Grits

Our twist in a southern favorite. Sautéed shrimp, holy trinity, and heavy cream with Gruyere cheese.
-Gluten Free

Breakfast Sandwich

Turkey sausage on whole wheat or an 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.

LUNCH ~ M-F 11-2

Cheeseburger

Ground beef patty on a whole 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 Homeade meatloaf on whole wheat toast or a bun with cheddar cheese, lettuce, red onion, and mayo. 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.

Salad

Fresh crisp greens topped with your choice of sautéed shrimp**, grilled salmon, or jerk chicken and 3 toppings. Served with a jalapeno 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 allergic or dietary restrictions. **This item is cooked to guest preference and/or may contain raw or undercooked ingredients. Consuming raw undercooked meats, seafood, shellfish, or poultry may increase your risk of food borne illness.

SIDES

Fresh Fruit

Side Salad

Creamy Slaw

Baked Beans

Mashed Beans

Mashed Potatoes

Street Corn

Greek Yogurt

BEVERAGES

Coffee, Tea, Milk, or Juice

\$3

Soda

\$3

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

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