

THE START LINE

CHICKEN TENDERS £4.25

Southern fried chicken strips served with BBQ sauce

MOZZARELLA DIPPERS (v) £3.95

Mozzarella sticks coated in breadcrumbs with a BBQ sauce

CAJUN COD BITES £4.25

Served with a spicy mayonnaise

NACHOS FOR ONE (v) £3.95

Tortilla chips topped with melted cheese, salsa, sour cream, avocado and jalapenos

TOWER OF ONION RINGS £4.95

With your choice of two dips: Bourbon BBQ, sour cream, garlic mayo, salsa or spicy sriracha (v)

GREAT WITH FRIENDS

CHAMPS COMBO £8.95

Mozzarella sticks, chicken tenders, crispy bacon & BBQ dirty fries, onion rings, chicken wings and garlic dough sticks with BBQ & spicy mayonnaise

LOADED NACHOS £7.95

Generous portion of nachos topped with melted cheese, jalapenos, salsa, sour cream, avocado and a bowl of pulled beef chilli



Loaded Nachos

I JUST DON'T WANT TO LOOK BACK AND THINK I COULD HAVE EATEN THAT

DIRTY FRIES

Our lip smackingly tasty fries are loaded with cheese & spring onions, then finish with your choice of topping:

CRISPY BACON & BBQ SAUCE £4

PULLED BEEF CHILLI £4.15

BBQ PULLED PORK £4.50

HOT DOG, BBQ SAUCE

AND ONIONS £4.45

CARBS ARE MY SOULMATE



THE WEST WINGS

with your choice of:

BOURBON

Sweet and sticky with a hint of bourbon whiskey

SRIRACHA

Sweet and spicy with garlic and chillies

CHIPOTLE

Mexican inspired spices including smoked paprika and smoked chipotle chilli

TANDOORI

Indian herbs and spices including: paprika, coriander, turmeric, chilli, cumin and cinnamon

6 WINGS £4.95

12 WINGS £8.95

24 WINGS £12.25



Chicken Wings

SALAD BOWLS

Our salads are loaded with gem lettuce, cucumber & croutons, diced beef tomato, red onion, slaw and peppers

GRILLED CHICKEN RANCH SALAD £8

Succulent slices of chicken breast

NEW YORK DELI SALAD £8.75

Pastrami, onions, pickles and emmental cheese

CHICKEN AND AVOCADO £8

Grilled chicken breast slices and smashed avocado

STEAK SALAD £8

Strips of rump steak cooked to your liking

HOT DRINKS

AMERICANO £1.50

ESPRESSO £1.50

LATTE £1.75

CAPPUCCINNO £1.75

HOT CHOCOLATE £1.75

TEA / FLAVOURED TEAS £1.50

WHY NOT ADD A FLAVOURED SYRUP TO YOUR COFFEE 50P
Ask staff for flavours

Sweet shop

PECAN PIE (v) £4.25

Served with cream or vanilla ice cream

DIPPING DOUGHNUTS (v) £2.95

Freshly made doughnut sticks coated in sugar, served with Nutella chocolate sauce

CHOCOLATE & SALTED CARAMEL

ICE CREAM SUNDAE (v) £3.95

Vanilla ice cream with salted caramel and chocolate fudge cake topped with cream and salted caramel sauce

DOUBLE PORTION FOR £3.00 EXTRA

SALTED CARAMEL & CHOCOLATE

BROWNIE FUDGE CAKE (v) £3.95

Layers of chocolate brownie fudge cake smothered in a salted caramel and chocolate sauce. Served with vanilla ice cream

NUTELLA FREAK SHAKE (v) £4.45

Luxury ice cream chocolate milk shake topped with cream, doughnut chunks and Nutella sauce served in a jam jar with crispy wafers.



Nutella Freak Shake

Terms & Conditions -

Food Allergies and Intolerances: Before you order your food and drinks please speak to our staff if you want to know about our ingredients. *All weights quoted are approximate, prior to cooking. Some fish dishes may contain bones. All dishes are subject to availability. All prices include VAT. All photography is for guidance only. Whilst we take every care to preserve the integrity of our vegetarian products, we must advise that these products are handled in a multi-use kitchen environment. (v) Items suitable for vegetarians.



BURGERS



Deep South Burger



All our 6oz* burgers are served with baby gem lettuce, beef tomato and red onion in a glazed bun. Served with seasoned skin-on-fries, freshly made house slaw & beer battered onion rings

CLASSIC £6.95

House burger

JACKY B £7.95

House burger, monteray jack cheese and crispy bacon

HEN HOUSE £7.95

Butterfly chicken breast, monteray jack cheese, crispy bacon topped with BBQ sauce

CHAMPS SCHNITZEL £8.50

Breaded chicken escalope, crispy bacon, emmental cheese and a spicy mayonnaise

NEW YORK DELI £9.50

House burger with sliced gherkins, topped with pastrami, crispy onions and American mustard

FALAFEL BURGER £7

Chickpea, spinach and herb patty, and a spicy mayonnaise (v)

SOUTHERN FRIED CHICKEN £8

A crunchy coating with a cooling sour cream

SLOPPY JOE £9

House burger topped with pulled beef chilli, cheese sauce, jalapenos and gherkins

DEEP SOUTH £8.50

House burger with a BBQ pulled pork topper and pickled red cabbage

ITALIAN JOB £7.95

Breaded chicken, Cheddar and mozzarella cheese with a tomato & basil sauce

GO LARGE ON ANY BURGER FOR £3*

*ADD EITHER AN EXTRA BURGER, FALAFEL OR CHICKEN BREAST/ESCALOPE

TABLE TOPPERS

ADD YOUR FAVOURITE TOPPER

SCAMPI £3

CHAMPS PULLED PORK £2

CRISPY BACON £1

PASTRAMI £1

EMMENTAL 75P

JALAPENO 50P

CAJUN COD £3

FIELD MUSHROOM 75P

BLUE CHEESE 75P

FRIED EGG 50P



STATESIDE

BIG DOG £8.95

Smoked sausage in a sub roll topped with fried onions, ketchup and American mustard, with skin-on-fries

PORKER £9.95

Smoked sausage in a sub roll topped with BBQ pulled pork and cheese with skin-on-fries

SLOPPY JOES £9.95

Smoked sausage in a sub roll topped with pulled beef chilli and cheese with skin-on-fries

CAJUN COD £8

Spicy cajun battered cod fillet, served with skin-on-fries, house slaw and spicy mayonnaise

DON'T WANT IT SPICY? JUST ASK!

PULLED BEEF CHILLI £7.95

Slow cooked beef brisket served with spicy rice, sour cream and nachos

HOUSE MAC 'N' CHEESE £8

Macaroni pasta, cheese sauce, golden breadcrumbs, baked in-house and served with garlic dough sticks (v)

ADD CRISPY BACON PIECES FOR ONLY £1

TACOS

Two soft shell tacos, filled with mozzarella*/Cheddar cheese, avocado, salsa, sour cream & spring onions, served with spicy rice and salad

CAJUN COD* £8.95

BBQ PULLED PORK £7.95

PHILLY VEGGIE MELT* (v) £7.95



Cajun Cod Tacos

MY HEAD SAYS GYM!
BUT MY HEART SAYS TACOS!

*DON'T WANT IT SPICY? JUST ASK!

— THE — ROOSTERS

All Champs Rooster meals are served with spicy rice or skin-on-fries and your choice of slaw: house / curry / sriracha slaw

ROAST CHICKEN WITH AN ADDED TWIST £9.95

Served with house slaw, corn and sweet potato fries with your choice of:

SRIRACHA | GARLIC BUTTER | CAJUN

SOUTHERN-FRIED CHICKEN £8.95

Deep-fried chicken in a crunchy coating

SMOTHERED CHICKEN £7.95

Breaded or plain chicken breast smothered in your choice of bourbon BBQ or hot sauce, topped with Cheddar

**WHAT came first
The chicken OR
The egg? i DON'T
care, i eat both!**

ADD A FRIED EGG FOR ONLY 50P



Full Rack of Ribs

FROM THE GRILL

RIBS & WINGS £12.95

Full rack of ribs with a BBQ glaze or hot and spicy marinade, served with marinated chicken wings, skin-on-fries and house slaw

GRILLED CHICKEN £8.95

Seasoned chicken breast with skin-on-fries, field mushroom and grilled tomato

8oz RUMP £10.50

Cooked to your liking and served with skin-on-fries, field mushroom and grilled tomato

MIXED GRILL £13.95

8oz rump steak, pork sausage, marinated chicken wings with your choice of rub and half a rack of ribs, served with fried free-range egg, skin-on-fries and house slaw

RIBS £9.95

Full rack of ribs with a BBQ glaze or hot and spicy marinade served with skin-on-fries and house slaw



SWEET POTATO FRIES FOR £1.50

PEPPERCORN SAUCE £1.50

BRANDY CREAM & MUSHROOM SAUCE £1.55

SKIN-ON-FRIES (v) £1.95

SWEET POTATO FRIES (v) £2.45

HOUSE SALAD (v) £2.45

BEER-BATTERED ONION RINGS (v) £1.95

GARLIC DOUGH STICKS (v) £2.95

CHEESY GARLIC DOUGH STICKS (v) £3.45

SLAW CHOICE OF: £1.45

HOUSE (v) CURRY (v)

OR SPICY SRIRACHA (v)

HASH BROWNS £1.75

SPICY RICE (v) £1.95

SIDE LINES

TRANSFER to a SPECIAL - SEE MANAGERS BOARD FOR DETAILS