



# ★★★ NUTRITIONAL INFORMATION ★★★

## Dressings Continued

The Kick Off Starters	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Boneless Buffalo Tenders	39.04	886	1.77	45.13	82.09
Buffalo Wings	23.84	256	1.40	9.54	0.79
Calamari Stir Fry	34.61	819	13.39	92.76	32.70
Chicken Fingers	16.64	654	1.65	37.97	81.85
Chicken Quesadilla	108.60	1818	10.84	118.79	87.18
Beef Quesadilla	129.69	1988	9.76	117.88	81.29
Cheese Quesadilla	101.27	1547	6.84	100.91	53.81
Chicken Satay w/o Dressing	73.54	1386	11.37	117.98	62.67
Thai Dressing	13.51	135	0.90	3.54	1.43
Sweet Soy Dressing	0.78	42	0.12	8.32	0.62
Chips and Queso	97.57	1591	10.92	145.13	44.95
Chips and Salsa	46.48	1052	14.36	141.99	16.24
Creamy Spinach & Artichoke Dip w/chips	50.54	1049	10.88	130.45	18.04
Mile High Nachos w/ Chicken	224.65	3595	23.46	257.79	147.85
Mile High Nachos w/ Chili	240.60	3799	26.31	269.57	153.28
Mongolian Egg Rolls	112.89	1916	13.31	179.34	50.18
Mozzarella Sticks	46.49	817	6.66	67.35	26.37
Potato Skins	94.30	1174	5.03	51.87	28.21
Pulled Pork Sliders	43.51	1032	4.73	95.36	65.64
Sampler Platter	121.57	2072	7.78	108.46	129.33
Thai Chicken Lettuce Wraps	56.71	1157	7.42	99.15	64.03

On The Green Salads (w/o dressing)	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
BBQ Chopped w/ Chicken	41.20	742	13.08	57.52	43.65
BBQ Chopped w/ Salmon	62.22	941	12.93	54.84	49.57
Champps' Americana Chopped	64.40	1017	9.00	47.19	66.34
Chicken Brushetta	40.74	701	6.08	42.92	44.57
Chicken Caesar	36.71	616	5.94	39.44	36.14
Cobb	65.72	937	7.83	19.40	70.74
Fajita	35.25	859	8.08	62.53	69.73
Fajita w/ Beef	45.34	770	12.31	67.47	54.71
Fajita w/ Beef and Chicken	40.30	814	10.20	65.01	62.22
Greek Chicken	19.34	440	6.98	22.54	44.31
Pan Pacific Chicken	40.76	774	12.85	58.00	52.64
Sesame Seared Tuna	35.90	744	6.57	45.95	58.73
Side Caesar	4.13	116	3.53	16.40	6.40
Side Garden	11.83	197	4.23	21.21	4.29
Side Greek	7.07	136	3.96	12.76	7.15
Southwestern Caesar	16.98	416	8.31	29.25	45.29

Dressings (3 oz)	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Balsamic Vinaigrette	38.57	386	0.00	7.71	0.86
Bleu Cheese	41.64	398	0.12	1.80	3.21

Caesar	60.00	570	0.00	2.84	2.84
Chipotle Ranch	33.42	321	0.09	2.79	1.65
English Mustard Sauce	4.74	174	1.68	10.44	5.19
Greek	42.06	372	0.39	1.56	0.27
Honey Mustard	39.67	453	0.00	22.67	0.00
Orange Ginger	11.46	165	0.72	13.83	3.00
Ranch	33.40	318	0.00	2.25	1.57
Southwest BBQ Sauce	5.88	170	0.00	31.87	1.64
Thai Peanut	40.53	405	0.90	10.62	4.29
Thousand Island	53.46	510	1.32	4.47	1.26

Soup (bowl)	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Broccoli Cheddar	42.43	506	1.53	17.47	14.78
Champps' Chili	28.73	433	3.16	13.86	30.37
Chicken Enchilada	33.65	433	1.75	17.87	17.56
Chicken Noodle	6.27	194	1.75	10.59	23.44
Chunky Potato	17.73	253	1.48	19.85	5.10
French Onion	17.31	298	1.33	19.85	14.46
New England Clam Chowder	20.21	362	1.25	24.49	19.65
Shrimp, Chicken & Andouille Gumbo	18.68	354	1.85	29.68	16.80
Tortilla	10.79	219	2.89	15.71	15.12
Turkey Wild Rice Almandine	9.03	226	1.87	23.61	13.42

All-Stars Entrées	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Balsamic Glazed Chicken (w/o potatoes)	45.61	815	3.18	15.6	81.37
Black & Blue Sirloin Steak (w/o potatoes)	74.86	1064	5.83	17.77	79.26
Bourbon Glazed Pork Chops (w/o fried onion or potatoes)	94.95	1372	5.41	43.32	78.12
Champps' Top Sirloin (w/o fried onion or potatoes)	89.32	1208	5.93	13.65	75.80
Chicken Piccata (w/o potatoes)	66.12	1019	5.78	26.23	80.07
Fish and Chips	55.40	1111	5.89	99.65	50.32
Grilled Chicken Fajitas	60.07	1575	12.22	165.42	88.84
Grilled Steak Fajitas	66.19	1453	16.69	170.60	75.77
Grilled Chicken & Steak Fajitas	60.25	1486	14.34	167.84	81.18
Grilled Salmon (w/o sauce or potatoes)	43.16	793	3.89	13.13	61.82

MVP's Pastas (w/o Bread)	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Cajun Shrimp Penne	72.80	1321	10.81	109.93	61.89
Light Portion	37.82	673	5.39	54.95	30.93
Chicken and Broccoli Penne	63.34	1320	12.34	110.93	75.81
Light Portion	33.08	671	6.15	55.47	37.91
Roasted Artichoke & Grilled Chicken Penne	61.72	1450	17.30	142.62	70.75

## Pastas Continued

Light Portion	30.18	660	5.79	59.91	32.40
Seaside Shrimp and Pasta	61.72	1356	8.79	122.41	59.48
Light Portion	32.26	688	4.37	61.21	29.74

Hall of Fame Burgers (w/o fries or mayo)	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Bleu Cheeseburger	95.32	1371	3.44	57.27	73.80
Champps' Cheeseburger	78.17	1161	3.44	55.61	60.73
No cheese	64.08	990	3.44	55.07	50.14
Patty Melt	65.04	1226	6.99	87.74	72.34
Pepperjack Bacon Stack	154.73	2151	6.18	72.15	121.08
Shroom Burger	85.98	1279	4.82	62.97	65.69

Pick-Up Games Sandwiches (w/o sides)	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
BBQ Chicken Sandwich	62.13	1160	4.11	75.37	77.68
Cajun Chicken Sandwich	77.29	1070	6.81	32.66	69.41
Chicken Ranch Wrap	44.51	902	3.38	54.84	69.35
Roasted Turkey Sandwich (w/o mayo)	62.78	1375	8.03	102.88	96.19
Half Sandwich (w/o mayo)	24.08	628	5.73	53.65	48.63
Spicy Buffalo Chicken (w/o Dressing)	104.17	1518	3.61	78.64	67.04
The Champps' Club (w/o mayo)	49.25	1245	4.66	100.09	95.48
The Havana	57.29	1069	2.8	67.18	68.18

Sides	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Broccoli	8.75	127	4.73	10.69	3.49
Cole Slaw	23.91	266	1.86	11.84	1.33
Dinner Vegetables	9.11	125	4.09	10.61	1.90
Garlic Mashed Potatoes	29.30	466	3.90	32.48	4.03
Onion Rings	93.05	1412	6.02	126.10	18.01
Pasta Salad	26.67	380	2.14	28.53	5.79
Potato Chips	19.62	304	2.72	29.99	3.97
Waffle Fries	23.00	336	3.02	34.62	3.02

Kids	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Cheese Pizza	19.16	442	2.88	46.48	20.21
Corn Dogs	33.00	520	2.00	42.00	10.01
Grilled Cheese	46.02	650	2.00	44.00	15.11
Kids Hamburger	40.51	599	1.00	31.00	28.43
Macaroni and Cheese	17.86	504	3.12	69.17	16.44
Spaghetti w/ Tomato Sauce	3.82	314	4.38	58.38	10.83

Kids Sides	Fat (g)	Cal	Fib (g)	Carbs (g)	Protein (g)
Fries	13.82	201	1.81	20.79	1.81
Mashed Potatoes	14.64	233	1.95	16.24	2.01
Broccoli	8.75	127	4.73	10.69	3.49
Mandarin Oranges	0.05	43	1.36	10.67	0.85