

# CHEK POINT

SPORTCHEK

## MENU







## STARTERS

### THE STANLEY CUP OF CHILI

(630 Calories)

Custom Ground Beef, Bell Peppers,  
Cocoa, Java & Cheddar Cheese

12

### GOLDEN PALACE BURNT END EGG ROLLS

(230 Calories per)

Ottawa's Famous Golden Palace Egg Rolls  
Served with Signature Plum Sauce

13

### CRISPY CHICKEN TENDERS

(1480 Calories)

Served with Fresh Cut Fries & Plum Sauce

16

### BUFFALO BUTTER CHICKEN WINGS

(1270 Calories)

Served with Blue Cheese Dip

16

### BUFFALO CAULIFLOWER

(1280 Calories)

Breaded, Northern Heat Sauce, Crumbled Blue Cheese,  
Peppercorn Ranch & Celery-Scallion Slaw

16

## SALADS

### MEDITERRANEAN

(440 Calories)

Cherry Tomatoes, Cucumbers, Olives,  
Onions, Pepperoncini, Feta cheese  
& a Red Wine Vinaigrette

16

### 'ALL HAIL CAESAR' KING OF SALADS

(630 Calories)

Crisp Romaine Hearts Tossed with Crispy Double Baked  
Parmesan Croutons, Maple Smoked Bacon, Shaved  
Parmigiano-Reggiano & Our Roasted Garlic Caesar Dressing

16

## SANDWICHES

### CRISPY CHICKEN CREOLE WRAP

(1790 Calories)

Cajun Chicken, Bell Peppers, Onions, Jack Cheese,  
Dirty Rice & Avocado Aioli Served with Fresh Cut Fries

17

### HOUSE-SMOKED BEEF BRISKET

(1470 Calories)

Pulled Brisket topped with Coca-Cola BBQ Sauce,  
Cheddar Cheese & Onion straws on a Jalapeno  
Ciabatta Bun

20

## LITTLE SENS FAN

Children 10 and under

Served with Fresh Cut Fries

Includes choice of: Soft drink 124 – 210 cal/serving,  
Juice 110 – 220 cal/serving, or Milk 109 cal/serving

### CHEESE DOG

(1070 Calories)

9

### CHICKEN TENDERS

(1110 calories)

Served with Plum Sauce

10

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Consuming raw or undercooked Meats, Poultry, Seafood, Shellfish, or Eggs may increase your risk of foodborne illness.



# CRAFT BURGERS

Served with Fresh Cut Fries

## MUSHROOM & SWISS

(1310Calories)

Custom Grind, Onion Relish, Swiss Cheese & Sautéed Mushrooms On a Brioche Bun

18

## DOUBLE BACON CANADIAN

(1380 Calories)

Custom Grind, Peameal Bacon, Candied Bacon, Tomato Relish & Mild Cheddar Cheese On a Brioche Bun

18

## VEGGIE

(1350 Calories)

Chickpea, Roasted Corn, Grilled Halloumi Tomato, Cilantro & Tzatziki on a Brioche Bun

16

Our hand crafted burgers are made fresh daily. We pride ourselves on serving only the freshest beef, our 100% AAA Canadian Angus is made to our specifications and it is always fresh, never frozen.

# ENTRÉES

## CHICKEN QUESADILLA TACO

(1310 calories)

Chicken, Cheddar-Jack Cheese, Red Slaw, Sriracha, Sour Cream & a Lime Wedge

17

## GRILLED SALMON BLT

(1990 Calories)

Salmon, Bacon, Vined Ripened Tomatoes, Lettuce & Lemon-Pepper Aioli on a Brioche Bun Served with Fresh Cut Fries

20

## PUB STYLE FISH & CHIPS

(1320 calories)

Battered Cod, Tartar Sauce & Lemon Served with Fresh Cut Fries

20

# DESSERT

## DESSERT FLIGHT

12

White Chocolate-Cranberry Cookie, (380 Calories)

Double Fudge Brownie (175 Calories)

French Vanilla Ice Cream (40 Calories/oz)





## ICE COLD BEER

(140-250 Calories)

**DOMESTIC DRAUGHT** (20oz) 9.96  
Canadian, Coors Light

**PREMIUM DRAUGHT** (20oz) 11.28  
Creemore, Belgian Moon

**DOMESTIC TALL BOY** 9.51  
Canadian, Coors Light, MGD

**PREMIUM TALL BOY** 10.40  
Creemore, Granville Island Pale Ale, Rickard's Red,  
Rickard's Radler, Molson Canadian Cider

**IMPORT TALL BOY** 10.84  
Heineken

**IMPORT BOTTLE** 7.97  
Sol

## NON-ALCOHOLIC

(0-230 Calories)

**SOFT DRINKS** 3.98  
Coca-Cola, Diet Coke, Sprite, Ginger Ale & Nestea

**VIRGIN COCKTAILS** 4.43

**COFFEE OR TEA** 2.66

**JUICE** 4.50

**MONSTER ENERGY** 6.42

**BOTTLE WATER** 4.43

## LIQUOR

**BAR RAIL** (1oz) 8.63  
(64-150 Calories)  
Rye, Rum, Vodka, Gin, and Scotch

**SMIRNOFF ICE TALL BOY** 10.84  
(180 Calories)

## WINE

(150-246 Calories)

**APOTHIC RED** 11.50 6oz 17.26 9oz

**WHITEHAVEN MARLBOROUGH  
SAUVIGNON BLANC** 11.50 17.26

## COCKTAILS

(1oz: 150-256 Calories)

**SLAP SHOT CAESAR** 9.29  
Vodka, Clamato Juice, Tabasco Sauce,  
Worcestershire Sauce & Spices

**CHEKPOINT PUNCH** 9.29  
Rum, Cranberry Juice, Orange Juice  
& a Splash of Soda

**GINGER SMASH** 9.29  
Dark Rum, Cranberry Juice, Dash of Bitters,  
Topped with Ginger Ale