

THE OCALA NATIONAL FOREST

With millions of visitors each year, the Ocala National Forest encompasses 600+ square miles and is the second largest National Forest in the state of Florida. Established in 1908, it is the oldest National Forest east of the Mississippi River and the southern most National Forest in the continental U.S.

The Forest lies between the Ocklawaha and St. John's Rivers and contains over 600 natural lakes and ponds. The Forest is also home to four major natural springs of crystal clear water; Alexander Springs, Juniper Springs, Salt Springs, and Silver Glen Springs.

Native inhabitants of the forest include the Florida black bear, white-tailed deer, wild boar, coyote, gray fox, red fox, bobcat, raccoon, nine-banded armadillo, striped skunk, Virginia opossum, southeastern pocket gopher, American alligator, North American river otter, and the gopher tortoise, as well as a variety of native reptiles, amphibians and birds.

Water recreation is plentiful in the area. Some of the numerous lakes include; Lake Bryant, Lake Delancy, Lake Dexter, Lake Dorr, Lake George, Halfmoon Lake, Lake Kerr, Lochloosa Lake, Lake Ocklawaha, Orange Lake, Lake Weir and Lake Woodruff.

Other recreational opportunities include... hunting, camping, fishing, hiking, swimming, boating, horseback riding, ATV & dirt biking, canoeing, kayaking, bicycling, snorkeling, off-road vehicles, and more!

With so much to offer, it's no wonder the Ocala National Forest is one of the most heavily visited National Forests in the United States.

THE MEDICINAL SPRINGS

Long before the advent of the white man, the native American Indians treasured the Springs as a medicine lodge. Some traveled from as far as the Carolinas to bathe and drink of the medicine flowing from the five boils, and each boil was thought to have different medicinal benefits.

Even today, there are those who believe the water that flows from the Springs can help cure a number of different ailments. Although the water does have a slight salty taste, unlike sea water, it contains no salt. However, it does contain a number of minerals that are considered beneficial.

A report completed by the U.S. Geological Survey a number of years ago found that water from the Springs contains silica, calcium, magnesium, potassium, bicarbonate, sulfate, chloride, nitrate, and phosphate. The report also noted that the water flows from the Springs at a rate of 52 million gallons per day and is 72 degrees year-round.

Between 2009 and 2011, an archaeological research study conducted by the University of Florida determined that the artesian flow of Salt Springs dates back at least 9,000 years.

CHAMPIONS FLEA MARKET

**Friendliest
Market
in the Forest!**

Market Open Saturday
7:00am-2:00pm

*at Bass Champions
25011 NE Hwy 314
Salt Springs, FL*

EAT-IN ~ TAKE-OUT



BASS CHAMPIONS



RESTAURANT and LODGE

RESTAURANT HOURS

Tues-Thur 4pm-9pm

Fri 4pm-9:30pm

Sat 7:30am-1pm

CHAMPIONS MARKET

Sat 7am-2pm

25011 NE Hwy 314
Salt Springs, FL 32134
Restaurant: 352-685-0000
Lodge: 352-685-2060

STARTERS




- ONION STRAWS 4
- JALAPENO POPPERS 7
- CHEESE CURDS 7
- FRIED GREEN TOMATOES 6
- FRIED MUSHROOMS 6
- GATOR TAIL 9 
- SHRIMP COCKTAIL 7
- OYSTERS ON ½ SHELL 14 
- CONCH FRITTERS 8
- THE 'TRY 3' SAMPLER 14

DRINKS

- COKE, DIET COKE 2
- SPRITE, MELLOW YELLOW 2
- MR. PIBB 2
- SWEET / UNSWEET TEA 2
- HOT COFFEE 1
- DRAFT BEER:
 - CORONA / BUD LITE - MUG 2
 - YUENGLING - MUG 3
- DRAFT BEER:
 - CORONA / BUD - PITCHER 7
 - YUENGLING - PITCHER 8
- DOMESTIC BEER - BOTTLE 3
- IMPORTED BEER - BOTTLE 3
- WINE - GLASS 4
- WINE - HALF CARAFE 8
- WINE - FULL CARAFE 14

SOUPS & SALADS

salad meats can be
grilled, fried or blackened

- SOUP OF THE DAY - CUP 2
- SOUP OF THE DAY - BOWL 4
- OYSTER STEW - CUP 5 
- OYSTER STEW - BOWL 8 
- CHICKEN SALAD 10
- SHRIMP SALAD 11
- MAHI SALAD 14
- GROUPEL SALAD 16 

BURGERS & SANDWICHES with fries

- HAMBURGER 8
- CHEESEBURGER 8
- GRILLED CHICKEN 10
- FRIED CHICKEN 10
- GRILLED FLOUNDER 10
- FRIED FLOUNDER 10
- GRILLED MAHI 14

SIDES

- BAKED WHITE POTATO
- BAKED SWEET POTATO
- FRENCH FRIES
- SWEET POTATO CASSEROLE
- CHEESE GRITS
- GREENS
- FRIED OKRA
- FRIED EGGPLANT
- FRIED GREEN TOMATOES
- GREEN BEANS
- COLE SLAW
- TOSSED SALAD
- APPLE SAUCE

DESSERTS

- LOCAL HOMEMADE PIE 4
- CHOCO P-BUTTER PIE 4
- KEY LIME PIE 4
- COCONUT CREAM PIE 4





GIFT CERTIFICATES AVAILABLE

 = **Seasonal Items** (ask if available)

CONSUMER ADVISORY: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of food borne illness, especially if you have certain medical conditions. If you have chronic illness of the liver, stomach, or blood, or have immune disorders, you are at greater risk of serious illness from raw oysters, and should eat oysters fully cooked. IF UNSURE OF YOUR RISK, CONSULT A PHYSICIAN.

MAINS

choice of two sides and
garlic bread or hushpuppies | add soup 1

- MESS OF SHRIMP 11
- U-PEEL SHRIMP 14
- 12 LARGE SHRIMP 15
- 18 LARGE SHRIMP 18
- FLOUNDER 11
- STUFFED FLOUNDER 16
- MAHI 16
- CATFISH FILLETS 12
- WHOLE CATFISH 14 
- 1 CRAB CAKE 10
- 2 CRAB CAKES 13
- CLAM STRIPS 10
- SCALLOPS 15
- OYSTERS 16 
- 1 LOBSTER TAIL 19
- 2 LOBSTER TAILS 31
- SNOW CRAB LEGS 29
- GATOR TAIL 16 
- FROGS LEGS 14
- 8oz NY STRIP 13
- 12oz NY STRIP 17
- 16oz NY STRIP 21
- 8oz STEAK & SHRIMP 19
- 8oz STEAK & OYSTERS 19
- 8oz STEAK & LOBSTER 26
- CHOPPED STEAK 11
- MARINATED CHICKEN 11
- HOMEMADE NUGGETS 10
- SALT SPRINGS CHICKEN 14
- CENTER CUT CHOPS 14
- COMBO PLATTER 18
CHOICE OF TWO: shrimp, flounder, oysters, scallops, clam strips, crab cake, frogs legs, gator tail 
- FISHERMAN PLATTER 24
FOR ONE: shrimp, flounder, oysters, scallops, clam strips
- FISHERMEN PLATTER 36
FOR TWO: shrimp, flounder, oysters, scallops, clam strips & crab cake

ADD GRILLED ONIONS
& MUSHROOMS 1

*Be sure to check the
'SPECIALS BOARD'
for additional items.*

PLEASE NOTE: Prices are subject to change without prior notice.

SPECIALS with 2 sides

- : Tuesday**
 - CHAMPION CHOPS 14
 - AUCE FISH & SHRIMP 20
- : Wednesday**
 - BABY BACK RIBS 17
 - AUCE FISH & CHIPS 14
- : Thursday**
 - CATFISH 14
 - FOREST BUFFET 14
- : Friday**
 - 14oz PRIME RIB 24
 - 17oz PRIME RIB 26
 - AUCE SHRIMP & FISH 23
- : Early Birds** ('til 6pm)
& Seniors Menu
 - SHRIMP 9
 - FLOUNDER 9
 - GRILLED CHICKEN 9
 - CHOPPED STEAK 9
 - 7oz NY STRIP 10
- : Kids Menu** (12 & under)
 - HAMBURGER 6
 - CHEESEBURGER 6
 - FISH BASKET 6
 - SHRIMP BASKET 6
 - CHICKEN NUGGETS 6