

PARMAGEDDON CHALLENGE

LUNCH AND DINNER

A monster 5 stack parma of biblical proportions!

If you can destroy this beast in 20min, you get your money back.



THE RULES OF PARMAGEDON

- To WIN you must successfully consume everything on the plate. **Bonus points in you lick it clean!**
- Strictly 20 minutes and must be timed by a Sporting Legends team member.
- If your friends help, you will be disqualified and heckled by our team. You have been warned!
- No leaving the table unless you are giving up. **(If you feel sick, slow down or tap out).**
- The Sporting Legends accepts no responsibility for your health and advises you not to do this challenge if you have health issues or concerns.



Good Luck

The Ten Commandments of the Sporting Legends PARMAGEDDON CHALLENGE

1. Thou shall eat the parmy, chips and salad in twenty minutes or less.
2. Thou shalt not allow anyone else to eat any of your chips, parmy or salad. Thou shalt not hide your food under the table, on others plate, feed to animals, people or any other such devious means
3. Thou shalt not spew, vomit, dribble or hurl during the challenge
4. Thou may dunk your food
5. Thou may drink as much water, beer, soft drink, gravy or anything thou chooses at your own expense
6. Thou may bring supporters / disciples to watch this noble challenge and shall take as many pictures as possible, sharing them to our social media
7. Thou shalt not covet thy neighbour's parmy, get your own (husbands and wives are fair game)
8. Thou are encouraged to enjoy the challenge in good faith and show sportsmanship
9. Thou shalt not leave thy table until your parmy is finished!
10. **Remember you are an athlete, one day this will be an Olympic sport and you may be held in high esteem, much like Lance Armstrong, Steve Smith (no chicken tampering) and Tonya Harding and your name will be immortalised on the Sporting Legends Parmy Board of Fame. Happy Eating.**