

Breakfast

Our egg whites are fresh 100% pure organic from "Eggology"

- The Firehouse Breakfast** - two eggs any style 8.95
choice of: country style potatoes, french fries, cottage cheese, tomatoes, or fresh mixed greens
english muffin or toast (2 slices upon request)
w/ bacon, pork sausage links, or ham 9.50 w/ texas style jalapeno pork or garlic chicken sausage 10.50
w/ 6 oz. chicken breast 12 w/ 6 oz. steak 13.50
w/ 6 oz. buffalo patty 14.50 w/ chicken fried steak 10
w/ vegetarian sausage 10 w/ italian turkey sausage patty or turkey patty 10.50
- The Hose Down** - two eggs any style, two pancakes, and two pieces of bacon or sausage 9.50
substitute w/ italian turkey sausage patty - add 1.00 substitute w/ french toast or waffle - add 1.50
- Breakfast Burrito** - scrambled egg whites w/ guacamole, sour cream, and salsa. 7.95
w/ refried beans and rice 8.50 w/ chicken 9.50
w/ "the works" 10.50
- Breakfast Sandwich** - fried or scrambled egg w/ cheese and choice of ham or bacon on an english muffin 8.75
served w/ country style potatoes or french fries
substitute w/ italian turkey sausage patty - add 1.00
- Breakfast BLT** - fried egg w/ bacon, lettuce, and tomato on whole wheat bread. 9.75
served w/ country style potatoes or french fries
- Huevos Rancheros** - served w/ homemade refried beans and rice 9.75
- Burrito Rancheros** - open faced flour tortilla w/ scrambled eggs, homemade refried beans, and rice. topped w/ red and green salsa, avocado, and grilled onions 9.75
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- Omelettes** - made w/ whole eggs or egg whites 9.75
choice of: country style potatoes, french fries, cottage cheese, tomatoes, or fresh mixed greens
english muffin or toast (2 slices upon request)
choose up to three (3) items (additional items add 1.00)
meat: bacon, ham, sausage, chicken, italian ground turkey, ground turkey, or vegetarian sausage
vegetables: mushrooms, onions, green peppers, spinach, tomato, fresh basil, cauliflower, broccoli, guacamole, salsa, serrano peppers, or cilantro. for avocado add 1.50
cheese: swiss, cheddar, feta, jack, mozzarella, or sour cream
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- Tofu Scramble** - tofu scrambled w/ eggs, onions, tomatoes, & green peppers. served w/ country style potatoes & toast 8.75
- Turkey Scramble** - egg whites scrambled w/ ground turkey, tomatoes, and cilantro 7.95
- Buffalo Scramble** - egg whites scrambled w/ buffalo meat, mushrooms, tomatoes, and cilantro 9.50
- Chicken Scramble** - egg whites scrambled w/ chicken and broccoli 8.25
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- Pancakes (3 stack)** - buttermilk, buckwheat, or multi-grain 6.95 **Single Pancake** - 3.25
blueberry, banana, or chocolate chip pancakes 7.95
- Spinach Pancakes** - a Firehouse original, iron packed spinach pancakes served w/ sour cream and fresh salsa 8.75
- Belgian Waffle** 7.95 **Oatmeal** 4.95
- French Toast** 7.95 **Half Grapefruit** 3.95
Fresh Fruit Bowl 7.50
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- Weekends** - served w/ choice of country style potatoes, french fries, cottage cheese, tomatoes, or fresh mixed greens
- Eggs Benedict** - 2 poached eggs w/ hollandaise sauce on an english muffin 11
- Eggs Florentine** - 2 poached eggs w/ spinach, mushrooms, and hollandaise sauce on an english muffin 11

Bodybuilder's Menu

Bodybuilder Breakfast – 8 oz. scrambled egg whites and choice of 3 pancakes or oatmeal 8.95
turkey patty (6 oz.) 11.95 chicken breast (6 oz.) 12.95 steak (6 oz.) 13.95
buffalo patty (6 oz.) 14.95 italian turkey sausage patty (6 oz.) 12.50

Bodybuilder Lunch – grilled chicken breast (6 oz.) on rotini pasta w/ marinara sauce 10.50

Bodybuilder Dinner – half of an herb roasted skinless chicken served w/ broccoli and choice of baked yam, baked potato, rice, or pasta 14.95
w/ a whole roasted chicken 18.95

Bodybuilder Combo

carb choices: baked yam, baked potato, rice (brown or white), rotini pasta, cottage cheese, toast, or mashed potatoes

vegetables: steamed vegetables, fresh mixed greens, or tomatoes. for steamed spinach (add 1.00)

Chicken Breast, Angus Patty, or Gardenburger Patty

#1) 8 oz. egg whites and 1 carb 14
#2) 8 oz. egg whites and 1 vegetable 14.50
#3) 1 vegetable and 1 carb 14
#4) 1 vegetable and 2 carbs 15

Ground Turkey Patty or Italian Turkey Sausage Patty

#1) 8 oz. egg whites and 1 carb 13
#2) 8 oz. egg whites and 1 vegetable 13.50
#3) 1 vegetable and 1 carb 13
#4) 1 vegetable and 2 carbs 14

Buffalo Patty

#1) 8 oz. egg whites and 1 carb 15.50
#2) 8 oz. egg whites and 1 vegetable 16
#3) 1 vegetable and 1 carb 15.50
#4) 1 vegetable and 2 carbs 16.50

Steak

#1) 8 oz. egg whites and 1 carb 15
#2) 8 oz. egg whites and 1 vegetable 15.50
#3) 1 vegetable and 1 carb 15
#4) 1 vegetable and 2 carbs 16

“Bob Bowl” – Two (6 oz.) steaks w/ sautéed red peppers and onions served over rice 15.50

Gold's Gym Rice Bowl – rice (brown or white) topped w/ sautéed red peppers and onions

additional vegetables (add 1.00 each): spinach, broccoli, tomatoes, or mushrooms

1 steak (6 oz.) 11
chicken breast (6 oz.) 10
angus patty (6 oz.) 10
buffalo patty (6 oz.) 12
ground turkey patty (6 oz.) 8
italian turkey sausage patty (6 oz.) 9
gardenburger patty 8

sides: steak 7.50
chicken breast 6.50
angus patty 6.50
buffalo patty 8.95
ground turkey patty 4.75
italian turkey sausage patty 5.50
gardenburger patty 4.75

Salads

Dressings: low calorie ranch, rice vinegar dressing, blue cheese, low calorie italian, or thousand island

Garden Supreme – fresh mixed greens w/ cabbage, bean sprouts, mushrooms, tomatoes, red & green peppers, carrots, hard boiled egg, garbanzo beans, peas, and fried wonton strips 9.95

Chef's Salad – fresh mixed greens w/ avocado, tomatoes, hard boiled egg, diced ham, chicken, and bacon 9.95

Chinese Chicken Salad – fresh mixed green salad topped w/ charbroiled 6 oz. chicken breast, almonds, and served w/ our light rice vinegar & sesame dressing 9.95

Spinach Salad - fresh spinach w/ diced chicken, hard boiled eggs, mushrooms, tomatoes, and grilled onions 9.95

Thai Salad – fresh mixed greens w/ diced chicken, shrimp, hard boiled eggs, rice noodles, cilantro, mint, sprouts, mushrooms, and served w/ our homemade peanut dressing 9.95

Greek Salad – fresh mixed greens w/ tomatoes, red onions, greek olives, and feta cheese 9.50

Caesar Salad – classic caesar 8.50
w/ chicken 11.50 w/ steak 12.50

Tuna Salad Platter – fresh mixed greens, tomatoes, hard boiled eggs, pickles, olives, topped w/ tuna 9.50

Green Salad – fresh mixed greens, tomatoes, avocado, and olives 4.95

Appetizers

- Chips & Salsa** – crisp homemade tortilla chips and homemade salsa 5
Edamame – parboiled and salted soy beans 6
Spicy Edamame – parboiled soy beans sautéed in hot sauce and garlic 7
Tomato Caprese – tomato, basil, and fresh burrata mozzarella 9
Chicken Satay – grilled chicken skewers served w/ our homemade thai peanut sauce 7.50
Chili Poppers – chili peppers stuffed w/ cheese 8
Chili Cheese Fries – french fries topped w/ Firehouse chili and cheddar cheese 8.50
Nachos – fresh homemade tortilla chips, refried beans, cheese, fresh guacamole, sour cream, and salsa 9
Cheese Quesadilla – served w/ fresh homemade guacamole and salsa 8
Hot Chicken Wings – delicious and spicy, a favorite of Digital Domain 9
Hot & Spicy Chicken – spicy fried chicken tenderloins served w/ blue cheese dressing 9
Spinach Pancakes – Firehouse original, iron packed spinach pancakes served w/ sour cream and fresh salsa 8.75
Chicken Tenders & Fries – choice of BBQ sauce or ranch dressing 8.75
Appetizer Platter – hot chicken wings, hot & spicy chicken, chili poppers, and a cheese quesadilla 16
Garlic Parmesan French Fries - shoestring french fries tossed w/ parmesan cheese, garlic, cilantro 7
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Sandwiches

- Chicken Vegetable Soup** - small 4.50 large 5.75
Sandwiches – served w/ coleslaw, french fries, potato salad, or fresh mixed greens
- Hot**
- Grilled Chicken Breast Sandwich** – chicken breast on a baguette w/ pesto sauce & tomatoes 10.25
 - Cajun Fish Sandwich** – served on a baguette 9.95
 - Steak** – w/ grilled onions on a baguette 10.95
 - Philly Cheese Steak Sandwich** – rib eye beef served on a baguette w/ roasted onions, peppers, and cheese 10.95
 - Smoked Turkey Reuben** – on rye w/ coleslaw 9.75
 - Buffalo Chicken** – w/ jack cheese, lettuce, tomatoes, blue cheese dressing, and served on a baguette 9.50
 - Hamburger Melt** – angus patty on rye bread w/ cheddar cheese and grilled onions 9.50
 - Turkey Marinara** – ground turkey patty smothered in marinara sauce and mozzarella 9.50
 - Tuna Melt** - served on whole wheat toast 8.50
 - Grilled Cheese** - served on whole wheat toast 7.50
 - Sausage Sandwich** - texas style jalapeno pork or garlic chicken sausage on a bun w/ sautéed peppers & onions 8.50
- Cold**
- Caprese** – fresh mozzarella, tomato, and basil on a baguette w/ herb olive oil dressing 8.75
 - Triple Decker** – grilled chicken breast w/ bacon, avocado, lettuce, and tomatoes on wheat toast 11.50
 - Smoked Turkey Breast** – on a baguette w/ herb olive oil dressing 9.50
 - BLT** – bacon, lettuce, and tomatoes on wheat 8.95
 - Tuna** – served on a baguette 9.50
- Burgers** – served w/ lettuce, tomato, onions, pickles, and choice of french fries, coleslaw, potato salad, or fresh mixed greens
(add .75 for cheese)
- Angus Hamburger** 9.50
 - Bacon Burger** 10
 - Avocado Burger** 10.25
 - Chili Burger** 10.50
 - Grilled Chicken Breast Burger** 9.50
 - BBQ Chicken Breast Burger** 9.50
 - Garden Burger** 9.50
 - Turkey Burger** 9.00
 - Buffalo Burger** – leaner, meaner, and more protein than beef 13.50

Entrees

Stir Fried Vegetables – in chinese sauce served w/ choice of white or brown rice 9.95

w/ chicken 11.95

w/ tofu 11.95

w/ beef 12.95

Teriyaki Chicken – charbroiled chicken breast w/ teriyaki sauce, served w/ steamed vegetables or potato salad and rice 13.95

Teriyaki Beef – steak w/ teriyaki sauce, served w/ steamed vegetables or potato salad and rice 14.95

Salmon Teriyaki – pan seared salmon w/ teriyaki sauce, served w/ steamed vegetables and rice 15.95

Shio Salmon – pan seared salted salmon w/ steamed vegetables and rice 15.95

Tandoori Chicken – grilled chicken marinated in yogurt and Indian spices, served w/ raita (cucumber & yogurt) and imported mango chutney, choice of pita bread or rice 14.95

Chicken Roasted with Fresh Herbs – half chicken served w/ steamed vegetables and your choice of baked yam, baked potato, or rice 14.95

Fireman's Chili – served w/ tortillas and a small green salad 9.95 (add cheese for .75)

Fish and Chips – served w/ coleslaw, french fries, and tartar sauce (malt vinegar upon request) 12.95

Salisbury Steak – served w/ sautéed onions, mushrooms, mashed potatoes, gravy, and steamed peas 14.95
substitute w/ buffalo meat 15.95

Fajita – beef or chicken, served w/ homemade mexican refried beans and flour or corn tortilla 10.95

Burrito – choice of beef, chicken, or fish served w/ homemade mexican refried beans, rice, and salsa 9.95

Taco – choice of (3) beef, chicken, or fish tacos served w/ homemade mexican refried beans, rice, and salsa 9.95

Pasta – linguine, spinach fettucini, or rotini pasta. served w/ a small green salad 11.95
choice of: marinara, bolognese, pesto, or mushroom & garlic

Pizza – prepared w/ choice of one cheese and one sauce, served w/ a small green salad 7.95 (add .50 for each additional topping)

choice of: tomato or pesto sauce, mozzarella, fresh burrata mozzarella, parmesan, feta cheese, fresh basil, fresh garlic, tomatoes, bell peppers, mushrooms, sundried tomato, grilled chicken, shrimp, pepperoni, sausage, or vegetarian sausage

Beverages

Iced Tea 2.75

Lemonade 2.75

Soda 2.75

Apple Juice 3.25

Fresh Juice 2.95/3.95

Cranberry Juice 3.25

Tomato Juice 3.25

Coffee 2.75

Hot Tea 2.95

Chai Latte 2.95

Cappuccino 2.95

Double Cappuccino 3.95

Cafe Latte 3.75

Double Latte 4.25

Espresso 2.75

Double Espresso 3.50

Cafe Mocha 3.95

Hot Chocolate 3.95

Milk Shake 6.95

Protein Shake 6.95

Espresso Shake 6.95

Chocolate Milk 3.75

Milk 2.50/2.95

Beer

Draft

Erdinger Weissbier 6.50

Stone PA 6.50

Bass 6.50

West Coast IPA 6.50

Guinness 6.50

Allagash White 7.50

Bud Light 4.50

Racer5 6.50

Stella Artois 6.50

Wyder Cider 6

Black & Tan 6.50

Bottles

Downtown Brown 6

Newcastle 6

Chimay White 10

Kirin Ichiban 8.50

Kirin Light 8.50

Sapporo 8.50

Amstel 6

Raging Bitch 10

Heineken 6

Tripel Karmeliet 10

Corona 6

Buckler 4

La Terrible 20

Firehouse Bloody Mary 10

Wine

White

Bridlewood - chardonnay 8

Delle Venezie - pinot grigio 8

Reds

Leese-Fitch - cabernet sauvignon 9

Angeline - pinot noir 9

Red Rock - merlot 9

W.M. Wycliff - brut champagne 8

Mimosa 9

Sake

Shochikubai - small hot 5

Shochikubai - large hot 8

Nigori - bottle cold 12

Kubota Senju - cold 10

Kikumasa - cold 7