Breakfast

Our egg whites are 100% fresh organic

**The Firehouse Breakfast** - two eggs any style 10
choice of: hash browns, french fries, cottage cheese, tomatoes, or fresh mixed greens
english muffin or toast (2 slices upon request)
w/ bacon, pork sausage links, or ham 13
w/ Jidori Chicken™ breast 16
w/ buffalo patty 18
w/ vegetarian sausage 12
w/ texas style jalapeno pork or garlic chicken sausage 12.50
w/ Angus steak 20
w/ chicken fried steak 12
w/ Italian turkey sausage patty or turkey patty 13

**The Hose Down** - two eggs any style, two pancakes, and two pieces of bacon or sausage 11.50
substitute w/ Italian turkey sausage patty – add 2.50
substitute w/ french toast or waffle - add 3.00

**Breakfast Burrito** - scrambled fresh organic egg whites w/ guacamole, sour cream, and salsa. 8.50
w/ refried beans and rice 9.50
w/ chicken 10.50
w/ “the works” 11.50

**Breakfast Sandwich** - fried or scrambled egg w/ cheese and choice of ham or bacon on an english muffin 10.50
served w/ hash browns or french fries
substitute w/ Italian turkey sausage patty - add 2.50

**Breakfast BLT** - fried egg w/ bacon, lettuce, and tomato on whole wheat bread. 12
served w/ hash browns or french fries

**Huevos Rancheros** – served w/ homemade refried beans and rice 10.75

**Burrito Rancheros** – open faced flour tortilla w/ scrambled eggs, homemade refried beans, and rice. topped w/ red and green salsa, avocado, and grilled onions 10.75

**Omelettes** – made w/ whole eggs 12
w/ fresh organic egg whites 13
choice of: hash browns, 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, provolone, mozzarella, or sour cream

**Tofu Scramble** – tofu scrambled w/ eggs, onions, tomatoes, & green peppers. served w/ hash browns & toast 10

**Turkey Scramble** – egg whites scrambled w/ ground turkey, tomatoes, and cilantro 9

**Buffalo Scramble** – egg whites scrambled w/ buffalo meat, mushrooms, tomatoes, and cilantro 11

**Chicken Scramble** – egg whites scrambled w/ chicken and broccoli 10

**Pancakes (3 stack)** - buttermilk, buckwheat, or multi-grain 8
blueberry, banana, or chocolate chip pancakes 9

**Spinach Pancakes** - a Firehouse original, iron packed spinach pancakes served w/ sour cream and fresh salsa 10

**Multi Grain Buckwheat Waffle** 8

**Oatmeal** 6

**French Toast** 8

**Half Grapefruit** 4

**Nueske’s Bacon** - 2 slices of applewood smoked triple-thick butcher’s cut bacon 7

**Weekends** - served w/ choice of hash browns, french fries, cottage cheese, tomatoes, or fresh mixed greens

**Eggs Benedict** - 2 poached eggs w/ hollandaise sauce on an english muffin 14

**Eggs Florentine** - 2 poached eggs w/ spinach, mushrooms, and hollandaise sauce on an english muffin 14
**Bodybuilder’s Menu**

**Bodybuilder Breakfast** – 8 oz. scrambled fresh organic egg whites and choice of 3 pancakes or oatmeal 10
- turkey patty 13
- Jidori Chicken™ breast 16
- Angus steak 20
- buffalo patty 18
- Italian turkey sausage patty 14

**Bodybuilder Lunch** – grilled Jidori Chicken™ breast on rotini pasta w/ marinara sauce 14

**Bodybuilder Dinner** – half of an herb roasted skinless chicken served w/ broccoli and choice of baked yam, baked potato, rice, or pasta 17
- w/ a whole roasted chicken 23

**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)

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<thead>
<tr>
<th>Jidori Chicken™ Breast</th>
<th>Certified Angus Beef Patty</th>
<th>Buffalo Patty</th>
<th>Angus Steak</th>
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<td>#1 egg whites &amp; 1 carb</td>
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**Ground Turkey Patty or Italian Turkey Sausage Patty**
- #1 egg whites and 1 carb 17
- #2 egg whites and 1 vegetable 17.50
- #3 1 vegetable and 1 carb 17
- #4 1 vegetable and 2 carbs 18

**Certified Angus Beef Patty**
- or Gardenburger Patty
- #1 egg whites & 1 carb 16
- #2 egg whites & 1 vegetable 16.50
- #3 1 vegetable & 1 carb 16
- #4 1 vegetable & 2 carbs 17

**Buffalo Patty**
- Angus Steak
- #1 egg whites & 1 carb 18.50
- #2 egg whites & 1 vegetable 19
- #3 1 vegetable & 1 carb 18.50
- #4 1 vegetable & 2 carbs 19.50

**“Bob Bowl” – 12oz Angus Steak** w/ sautéed red peppers and onions served over rice 25.00

**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
- Certified Angus steak 17
- beef patty 12
- buffalo patty 17
- Italian turkey sausage patty 11
- Jidori chicken breast 13
- ground turkey patty 10
- gardenburger patty 11

**Salads**
- Dressings: low calorie ranch, rice vinegar dressing, blue cheese, fresh herb 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 11

**Chef’s Salad** – fresh mixed greens w/ avocado, tomatoes, hard boiled egg, diced ham, chicken, and bacon 11

**Asian Salad** – fresh mixed green salad with almonds and dressed in our “light” rice vinegar & sesame dressing topped w/ fresh charbroiled Jidori Chicken™ breast 13
- w/ charbroiled salmon 17

**Spinach Salad** - fresh spinach w/ diced chicken, hard boiled eggs, mushrooms, tomatoes, and grilled onions 11

**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 11

**Caesar Salad** – classic caesar 9
- w/ Jidori Chicken™ breast 14.50
- w/ Angus steak 18.50

**Tuna Salad Platter** – fresh mixed greens, tomatoes, hard boiled eggs, pickles, olives, topped w/ tuna 11

**Green Salad** – fresh mixed greens, tomatoes, avocado, and olives 6

**Chicken Vegetable Soup** - small 5 large 6
### Appetizers

**Chips & Salsa** – crispy homemade tortilla chips and homemade salsa  
**Edamame** – parboiled and salted soy beans  
**Spicy Edamame** – parboiled soy beans sautéed in hot sauce and garlic  
**Tomato Caprese** – tomato, basil, and fresh burrata mozzarella  
**Chicken Caprese** – grilled chicken skewers served w/ our homemade tomato sauce  
**Chili Cheese Fries** – french fries topped w/ Firehouse chili and cheddar cheese  
**Nachos** – fresh homemade tortilla chips, refried beans, cheese, fresh guacamole, sour cream, and salsa  
**Cheese Quesadilla** – served w/ fresh homemade guacamole and salsa  
**Hot Chicken Wings** – spicy and delicious  
**Hot & Spicy Chicken** – spicy fried chicken tenderloins served w/ blue cheese dressing  
**Spinach Pancakes** – Firehouse original, iron packed spinach pancakes served w/ sour cream and fresh salsa  
**Chicken Tenders & Fish** – choice of BBQ sauce or ranch dressing  
**Garlic Parmesan French Fries** – shoestring french fries tossed w/ parmesan cheese, garlic, cilantro  
**Italian Turkey Meatballs** – served w/ marinara sauce  
**Pizza** – prepared w/ choice of one cheese and one sauce  

*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.  
(add .50 for each additional topping)

### Entrees

**Stir Fried Vegetables** – in chinese sauce served w/ choice of white or brown rice.  
- Chicken  
- Tofu  
- Angus Beef  
**Teriyaki** – served w/ house made teriyaki sauce, rice and choice of steamed vegetables or potato salad  
- Angus Beef  
- Jidori Chicken™  
- Salmon  
**Tilapia w/ Caper-Parsley Sauce** – served with rice and steamed vegetables.  
**Seared Salmon** – w/ ponzu sauce.  
**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.  
**Chicken Roasted with Fresh Herbs** – half chicken served w/ steamed vegetables and your choice of baked yam, baked potato, or rice.  
**Cod Fish and Chips** – served w/ coleslaw, french fries, and tartar sauce (malt vinegar upon request).  
**Pasta** – served w/ a small green salad.  
- choice of: linguine, spinach fettucini, or rotini pasta.  
- choice of: Marinara, Bolognese, Pesto, or Mushroom & Garlic  
**Meatball Pasta** – w/ our italian turkey meatballs.  
**Fish Taco** – three tacos with avocado pico de gallo.  
**Burrito** – w/ fresh pinto beans, rice, and salsa.  
- Chicken or Fish  
- Angus Beef  
**Fireman’s Chili** – served w/ tortillas and a small green salad  
(add cheese for $1)
Sandwiches – served w/ coleslaw, french fries, potato salad, or fresh mixed greens

Hot

Meatball Sandwich - our italian turkey meatballs, marinara sauce, and provolone served on a baguette 13
Grilled Jidori Chicken™ Breast Sandwich – on a baguette w/ pesto sauce & tomatoes 14
Cajun Fish Sandwich – served on a baguette 12
Angus Steak – w/ grilled onions on a baguette 18
Philly Cheese Steak Sandwich – rib eye beef served on a baguette w/ roasted onions, peppers, and cheese 14
Smoked Turkey Reuben – on rye w/ coleslaw 12
Buffalo Chicken – w/ provolone cheese, lettuce, tomatoes, blue cheese dressing, and served on a baguette 12
Hamburger Melt – Certified Angus beef patty on rye bread w/ cheddar cheese and grilled onions 12
Turkey Marinara – ground turkey patty smothered in marinara sauce and mozzarella 12
Tuna Melt - served on whole wheat toast 11
Grilled Cheese - served on whole wheat toast 9
Sausage Sandwich - texas style jalapeno pork or garlic chicken sausage on a bun w/ sautéed peppers & onions 11

Cold

Caprese – fresh mozzarella, tomato, and basil on a baguette w/ herb olive oil dressing 11
Triple Decker – grilled Jidori Chicken™ breast w/ bacon, avocado, lettuce, and tomatoes on wheat toast 16
Smoked Turkey Breast – on a baguette w/ herb olive oil dressing 12
BLT – bacon, lettuce, and tomatoes on wheat 11
Tuna – served on a baguette 11

Beverages

Organic Coffee 3.25
Soda 3.25
Iced Tea 3.25
Lemonade 3.25
Decaf Americano (no refill) 3.25
Cappucino 3.75
Latte 3.75
Espresso 3
Apple Juice 3.25
Orange Juice 3/4
Cranberry Juice 3.25
Tomato Juice 3.25
Milk 2.50/3
Hot Chocolate 4
Chocolate Milk 3.75
Milk Shake 7.50
Protein Shake 8.50

18% Gratuity added to parties of 6 or more.
Prices subject to change without notice.