

Breakfast

The Firehouse Breakfast - two eggs any style 11

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 14

w/ Jidori Chicken™ breast 18

w/ buffalo patty 22

w/ vegetarian sausage 13

w/ texas style jalapeno pork or garlic chicken sausage 13.50

w/ Angus steak 20

w/ chicken fried steak 13

w/ italian turkey sausage patty or turkey patty 14

The Hose Down - two eggs any style, two pancakes, and two pieces of bacon or sausage 13

substitute w/ italian turkey sausage patty - add 2.50

substitute w/ french toast or waffle - add 3.00

Breakfast Burrito - scrambled egg whites w/ guacamole, sour cream, and salsa. 10

w/ refried beans and rice 11

w/ chicken 12

w/ "the works" 13

Breakfast Sandwich - fried or scrambled egg w/ cheese and choice of ham or bacon on an english muffin 12.50

served w/ hash browns or french fries

substitute w/ italian turkey sausage patty - add 3

Breakfast BLT - fried egg w/ bacon, lettuce, and tomato on whole wheat bread. 13

served w/ hash browns or french fries

Huevos Rancheros - served w/ homemade refried beans and rice 12.50

Burrito Rancheros - open faced flour tortilla w/ scrambled eggs, homemade refried beans, and rice. topped w/ red and green salsa, avocado, and grilled onions 12.50

Omelettes - made w/ whole eggs 14 w/ egg whites 16

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 11

Turkey Scramble - egg whites scrambled w/ ground turkey, tomatoes, and cilantro 10

Buffalo Scramble - egg whites scrambled w/ buffalo meat, mushrooms, tomatoes, and cilantro 13

Chicken Scramble - egg whites scrambled w/ chicken and broccoli 11

Pancakes (3 stack) - buttermilk, buckwheat, or multi-grain 8

blueberry, banana, or chocolate chip pancakes 9

Single Pancake - 3.75

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

Belgium Waffle 8

Oatmeal 6

Fresh Fruit Bowl 9

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 15

Eggs Florentine - 2 poached eggs w/ spinach, mushrooms, and hollandaise sauce on an english muffin 15

Bodybuilder's Menu

Bodybuilder Breakfast – 8 oz. scrambled egg whites and choice of 3 pancakes or oatmeal 11
turkey patty 15 Jidori Chicken™ breast 18 Angus steak 20
buffalo patty 22 italian turkey sausage patty 15

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 18
w/ a whole roasted chicken 28

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)

Angus Beef Patty

Jidori Chicken™ Breast		or Gardenburger Patty		Buffalo Patty	
#1) egg whites & 1 carb	19	#1) egg whites & 1 carb	17	#1) egg whites & 1 carb	22.50
#2) egg whites & 1 vegetable	19.50	#2) egg whites & 1 vegetable	17.50	#2) egg whites & 1 vegetable	23
#3) 1 vegetable & 1 carb	18	#3) 1 vegetable & 1 carb	16	#3) 1 vegetable & 1 carb	21.50
#4) 1 vegetable & 2 carbs	19	#4) 1 vegetable & 2 carbs	17	#4) 1 vegetable & 2 carbs	22.50
Ground Turkey Patty or Italian Turkey Sausage Patty			Angus Steak		
#1) egg whites and 1 carb	15	#1) egg whites and 1 carb	22		
#2) egg whites and 1 vegetable	15.50	#2) egg whites and 1 vegetable	22.50		
#3) 1 vegetable and 1 carb	14	#3) 1 vegetable and 1 carb	21		
#4) 1 vegetable and 2 carbs	15	#4) 1 vegetable and 2 carbs	22		

“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

Angus steak 17	Jidori chicken breast 14
beef patty 12	ground turkey patty 10
buffalo patty 20	gardenburger patty 11
italian turkey sausage patty 11	tofu 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** – crisp homemade tortilla chips and homemade salsa 5
- Edamame** – parboiled and salted soy beans 7
- Spicy Edamame** – parboiled soy beans sautéed in hot sauce and garlic 8
- Garlic Parmesan French Fries** - shoestring french fries tossed w/ parmesan cheese, garlic, cilantro 7
- Hot Chicken Wings** – fresh Jidori chicken wings in a delicious Louisiana hot sauce 13
- Teriyaki Chicken Wings** – fresh Jidori chicken wings coated in a tasty homemade teriyaki sauce 13
- Hot & Spicy Chicken** – spicy fried boneless chicken tenderloins served w/ blue cheese dressing 9
- Chicken Satay** – grilled chicken skewers marinated in turmeric, lemon grass, chilli, and ginger. served w/ peanut sauce 8
- Tomato Caprese** – tomato, basil, and fresh burrata mozzarella 9
- Spinach Pancakes** – Firehouse original, iron packed spinach pancakes served w/ sour cream and fresh salsa 10
- 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
- Chicken Tenders & Fries** – choice of BBQ sauce or ranch dressing 9
- Chili Cheese Fries** – french fries topped w/ Firehouse chili and cheddar cheese 8.50
- Italian Turkey Meatballs** - served w/ marinara sauce 8
- Pizza** – prepared w/ choice of one cheese and one sauce 8
- 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)
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Entrees

- Stir Fried Vegetables** – in chinese sauce served w/ choice of white or brown rice. 11
- Chicken 15 Tofu 13 Angus Beef 19
- Teriyaki** – served w/ house made teriyaki sauce, rice and choice of steamed vegetables or potato salad
- Angus Beef 21 Jidori Chicken™ 18 Salmon 19
- Tilapia w/ Caper-Parsley Sauce** - served with rice and steamed vegetables. 14
- Seared Salmon** – w/ ponzu sauce. served w/ steamed vegetables and rice. 19
- 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. 18
- Chicken Roasted with Fresh Herbs** – half chicken served w/ steamed vegetables and your choice of baked yam, baked potato, or rice. 18
- Cod Fish and Chips** – served w/ coleslaw, french fries, and tartar sauce (malt vinegar upon request). 14
- Pasta** – linguine or rotini w/ marinara or pesto sauce. served w/ a small green salad. 14
- Meatball Pasta** - w/ our italian turkey meatballs. 15
- Fish Taco** - three tacos with avocado pico de gallo. 9
- Burrito** – w/ fresh pinto beans, rice, and salsa.
- Chicken or Fish 11 Angus Beef 15
- Fireman's Chili** – served w/ tortillas and a small green salad 11 (add cheese for \$1)

Sushi Bar from 4:30-10 pm daily (except Sunday). Please ask your server for a sushi menu.

Burgers - Served w/ choice of french fries, coleslaw, potato salad, or fresh mixed greens. (add \$1 for cheese)

Angus Burger 11

w/ Bacon 12

w/ Avocado 13

w/ Chili 13

Buffalo Burger – leaner, meaner, & more protein 20

Grilled Jidori Chicken™ Breast Burger 13

BBQ Jidori Chicken™ Breast Burger 13

Turkey Burger 11

Garden Burger 12

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 15

Smoked Turkey Reuben – on rye w/ coleslaw 13

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

Tuna Melt - served on whole wheat toast 12

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 12

Tuna – served on a baguette 12

Beverages

Organic Coffee 3.5

Soda 3.5

Iced Tea 3.5

Lemonade 3.5

Decaf Americano (no refill) 3.75

Cappucino 4

Latte 4

Espresso 3.5

Apple Juice 4

Orange Juice 4/6

Cranberry Juice 4

Tomato Juice 4

Milk 3/4

Hot Chocolate 4

Chocolate Milk 4

Milk Shake 8

Protein Shake 9

18% Gratuity added to parties of 6 or more.

Prices subject to change without notice.