

Breakfast

The Firehouse Breakfast - two eggs any style 14

choice of: hash browns, french fries, cottage cheese, tomatoes, or fresh mixed greens **and** English muffin or toast.
w/ bacon, pork sausage links, or ham 16 w/ texas style jalapeno pork or garlic chicken sausage 16
w/ Jidori Chicken™ breast 20 w/ Angus steak 21
w/ buffalo patty 23 w/ chicken fried steak 15
w/ vegetarian sausage 15 w/ Plant based Beyond Meat or UNCUT Turkey Patty 21
w/ turkey patty 16

The Hose Down - two eggs any style, two pancakes, and two pieces of bacon or sausage 15

substitute w/ french toast or waffle - add 4.00

Breakfast Burrito – scrambled egg whites w/ guacamole, sour cream, and salsa. 12

w/ refried beans and rice 13 w/ chicken 14
w/ “the works” 15

Breakfast Sandwich – fried or scrambled egg w/ cheese and choice of ham or bacon on an english muffin 14

served w/ hash browns or french fries

Breakfast BLT - fried egg w/ bacon, lettuce, and tomato on whole wheat bread. 15

served w/ hash browns or french fries

Huevos Rancheros – served w/ homemade refried beans and rice 14

Burrito Rancheros – open faced flour tortilla w/ scrambled eggs, homemade refried beans, and rice. topped w/ red and green salsa, avocado, and grilled onions 14

Omelettes – made w/ whole eggs 16 w/ egg whites 18

choice of: hash browns, french fries, cottage cheese, tomatoes, or fresh mixed greens
english muffin or toast

choose up to three (3) items

meat: bacon, ham, sausage, chicken, ground turkey, or vegetarian sausage

vegetables: mushrooms, onions, green peppers, spinach, tomato, fresh basil, cauliflower, broccoli, guacamole, salsa, serrano peppers, or cilantro.

cheese: swiss, cheddar, feta, provolone, mozzarella, or sour cream

Tofu Scramble – tofu scrambled w/ eggs, onions, tomatoes, & green peppers. served w/ hash browns & toast 12

Turkey Scramble – egg whites scrambled w/ ground turkey, tomatoes, and cilantro 11

Buffalo Scramble – egg whites scrambled w/ buffalo meat, mushrooms, tomatoes, and cilantro 14

Chicken Scramble – egg whites scrambled w/ chicken and broccoli 12

Pancakes (3 stack) - buttermilk, buckwheat, or multi-grain 9

Single Pancake - 5

Add: blueberries - 1.95 , bananas - 1.25 , or chocolate chips 1.50

Spinach Pancakes - a Firehouse original, iron packed spinach pancakes served w/ sour cream and fresh salsa 13

Belgium Waffle 11

Oatmeal 8

Fresh Fruit Bowl 13

French Toast 11

Grapefruit 6

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 17

Eggs Florentine - 2 poached eggs w/ spinach, mushrooms, and hollandaise sauce on an english muffin 17

Bodybuilder's Menu

Bodybuilder Breakfast – 8 oz. scrambled egg whites and choice of 3 pancakes or oatmeal 13

turkey patty 17	Jidori Chicken™ breast 20	Angus steak 22
buffalo patty 24	Beyond Meat or UNCUT Turkey Patty 20	

Bodybuilder Lunch – grilled Jidori Chicken™ breast on rotini pasta w/ marinara sauce 16

Bodybuilder Dinner – half of an herb roasted skinless chicken served w/ broccoli and choice of baked yam, baked potato, rice, or pasta 21
w/ a whole roasted chicken 30

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)

Plant Based Meat

Jidori Chicken™ Breast		Beyond Meat or UNCUT Turkey Patty		Buffalo Patty	
#1) egg whites & 1 carb	21	#1) egg whites & 1 carb	23	#1) egg whites & 1 carb	25
#2) egg whites & 1 vegetable	22	#2) egg whites & 1 vegetable	24	#2) egg whites & 1 vegetable	26
#3) 1 vegetable & 1 carb	20	#3) 1 vegetable & 1 carb	22	#3) 1 vegetable & 1 carb	24
#4) 1 vegetable & 2 carbs	21	#4) 1 vegetable & 2 carbs	23	#4) 1 vegetable & 2 carbs	25

Ground Turkey Patty or Angus Beef Patty		Angus Steak	
#1) egg whites and 1 carb	19	#1) egg whites and 1 carb	24
#2) egg whites and 1 vegetable	20	#2) egg whites and 1 vegetable	25
#3) 1 vegetable and 1 carb	18	#3) 1 vegetable and 1 carb	23
#4) 1 vegetable and 2 carbs	19	#4) 1 vegetable and 2 carbs	24

“Bob Bowl” – 12oz **Angus Steak** w/ sautéed red peppers and onions served over rice 27

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

additional vegetables (add 2.00 each): spinach, broccoli, tomatoes, or mushrooms

Angus steak 19	Jidori chicken breast 16
beef patty 14	ground turkey patty 14
buffalo patty 22	Beyond Meat patty 17
UNCUT Turkey patty 17	tofu 14

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 14

Chef's Salad – fresh mixed greens w/ avocado, tomatoes, hard boiled egg, diced ham, chicken, and bacon 14

Asian Salad – fresh mixed green salad with almonds and dressed in our “light” rice vinegar & sesame dressing topped w/ fresh charbroiled Jidori Chicken™ breast 15 w/ charbroiled salmon 19

Spinach Salad - fresh spinach w/ diced chicken, hard boiled eggs, mushrooms, tomatoes, and grilled onions 14

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 15

Caesar Salad – classic caesar 11 w/ Jidori Chicken™ breast 16 w/ Angus steak 20

Tuna Salad Platter – fresh mixed greens, tomatoes, hard boiled eggs, pickles, olives, topped w/ tuna 14

Tomato Caprese – tomato, basil, and fresh burrata mozzarella 11

Green Salad – fresh mixed greens, tomatoes, avocado, and olives 8

Chicken Vegetable Soup - small 8 large 9

Appetizers

- Spicy Tuna Roll** 9 **California Roll** 9 **Vegetarian Roll** 9
- Chips & Salsa** – crisp homemade tortilla chips and homemade salsa 7
- Ceviche+Chips** – homemade ceviche served w/ chips 10
- Red Hot Chilli Poppers** 9
- Onion Rings** 9
- Edamame** 9
- Spicy Edamame** 9
- Garlic Parmesan French Fries** - w/ parmesan cheese, garlic, cilantro 7
- Hot Chicken Wings** – fresh Jidori chicken wings in a delicious Louisiana hot sauce 14
- Teriyaki Chicken Wings** – fresh Jidori chicken wings coated in a tasty homemade teriyaki sauce 14
- Hot & Spicy Chicken** – spicy boneless tenderloins served w/ blue cheese dressing 10
- Chicken Satay** – grilled chicken skewers served w/ peanut sauce 9
- Tomato Caprese** – tomato, basil, and fresh burrata mozzarella 11
- Spinach Pancakes** – Firehouse original, iron packed spinach pancakes served w/ sour cream and fresh salsa 13
- Nachos** – fresh homemade tortilla chips, refried beans, cheese, fresh guacamole, sour cream, and salsa 13
- Cheese Quesadilla** – served w/ fresh homemade guacamole and salsa 9
- Chicken Tenders & Fries** – choice of BBQ sauce or ranch dressing 10
- Italian Meatballs** - served w/ marinara sauce 9
- Pizza** – homemade w/ choice of one cheese and one sauce 10
- 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 \$1 for each additional topping)
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Entrees

- Stir Fried Vegetables** – in chinese sauce served w/ choice of white or brown rice. 13
- Chicken 15 Tofu 14 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 20
- Tilapia w/ Caper-Parsley Sauce** - served with rice and steamed vegetables. 15
- Seared Salmon** – w/ ponzu sauce. served w/ steamed vegetables and rice. 20
- 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. 21
- Chicken Roasted with Fresh Herbs** – half chicken served w/ steamed vegetables and your choice of baked yam, baked potato, or rice. 21
- Cod Fish and Chips** – served w/ coleslaw, french fries, and tartar sauce (malt vinegar upon request). 15
- Pasta** – linguine or rotini w/ marinara or pesto sauce. served w/ a small green salad. 15
- Meatball Pasta** - w/ our italian meatballs. 15
- Fish Taco** - three tacos with avocado pico de gallo. 12
- Burrito** – w/ fresh pinto beans, rice, and salsa.
- Chicken or Fish 13 Angus Beef 15
- Fireman's Chili** – served w/ tortillas and a small green salad 13 (add cheese for \$1)

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

Angus Burger	14				
w/ Bacon	15	w/ Avocado	17	w/ Chili	16
Turkey Burger	13			BBQ Jidori Chicken™ Breast Burger	16
Buffalo Burger	22			Grilled Jidori Chicken™ Breast Burger	16
				Fish (cod) Burger	14

Plant based Burgers - Served on Vegan Buns w/ vegan garlic aioli, roasted tomato, and lettuce choice of french fries or fresh mixed greens.

Beyond Meat Burger	16	UNCUT Turkey Burger	16
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Sandwiches – served w/ coleslaw, french fries, potato salad, or fresh mixed greens. Substitute garlic fries for \$4

Hot

Meatball Sandwich - our italian meatballs, marinara sauce, and provolone served on a ciabatta roll	15
Grilled Jidori Chicken™ Breast Sandwich – on a ciabatta roll w/ pesto sauce & tomatoes	17
Cajun Fish Sandwich – served on a ciabatta roll	16
Angus Steak – w/ grilled onions on a roll	20
Philly Cheese Steak Sandwich – rib eye beef served on a roll w/ roasted onions, peppers, and cheese	17
Smoked Turkey Reuben – on rye w/ coleslaw	15
Buffalo Chicken – w/ provolone cheese, lettuce, tomatoes, blue cheese dressing, and served on a roll	15
Hamburger Melt – Certified Angus beef patty on rye bread w/ cheddar cheese and grilled onions	14
Tuna Melt - served on whole wheat toast	15
Grilled Cheese - served on whole wheat toast	13
Sausage Sandwich - texas style jalapeno pork or garlic chicken sausage on a roll w/ sautéed peppers & onions	13

Cold

Caprese – fresh mozzarella, tomato, and basil on a ciabatta roll w/ herb olive oil dressing	15
Triple Decker – grilled Jidori Chicken™ breast w/ bacon, avocado, lettuce, and tomatoes on wheat toast	18
Smoked Turkey Breast – on a ciabatta roll w/ herb olive oil dressing	15
BLT – bacon, lettuce, and tomatoes on wheat	15
Tuna – served on rye	16

Beverages

Organic Coffee	4	Latte	5	Milk	4/5
Soda	4	Espresso	4	Hot Chocolate	5
Iced Tea	4	Apple Juice	5	Chocolate Milk	5
Lemonade	4	Orange Juice	5/7	Milk Shake	9
Decaf Americano (no refill)	4	Cranberry Juice	5	Protein Shake	10
Cappucino	5	Tomato Juice	5		

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