

Breakfast

The Firehouse Breakfast - two eggs any style 17

choice of: hash browns, french fries, tomatoes, or fresh mixed greens **and** English muffin or toast.

w/ bacon, pork sausage links, or ham 19

w/ texas style jalapeno pork or garlic chicken sausage 19

w/ Angus steak 24

w/ chicken fried steak 19

w/ vegetarian sausage 19

w/ Beyond Meat 22

w/ turkey patty 19

The Hose Down - two eggs any style, two pancakes, and two pieces of bacon or sausage 18

substitute w/ french toast or waffle - add 4.00

Breakfast Burrito - scrambled egg whites w/ guacamole, sour cream, and salsa. 15

w/ refried beans and rice 16

w/ chicken 17

w/ "the works" 18

Breakfast Sandwich - fried or scrambled egg w/ cheese and choice of Blackforest ham or Applewood smoked bacon on an english muffin. served w/ hash browns or french fries 17

Breakfast BLT - fried egg w/ bacon, lettuce, and tomato on whole wheat bread. 18

served w/ hash browns or french fries

Huevos Rancheros - served w/ homemade refried beans and rice, topped w/ homemade fresh tomatillo salsa 17

Burrito Rancheros - open faced flour tortilla w/ scrambled eggs, homemade refried beans, and rice. topped w/ red and green salsa, avocado, and grilled onions 17

Steel Cut Oatmeal 9

Nueske Bacon - Thick cut Nueske Applewood bacon 10 (per slice)

Omelettes - made w/ whole eggs 19 w/ egg whites 22

choice of: hash browns, french fries, 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 15

Turkey Scramble - egg whites scrambled w/ ground turkey, tomatoes, and cilantro 14

Buffalo Scramble - egg whites scrambled w/ buffalo meat, mushrooms, tomatoes, and cilantro 17

Chicken Scramble - egg whites scrambled w/ chicken and broccoli 18

Chorizo Scramble - Mexican pork chorizo, onion, egg scramble w/ refried beans, rice, salsa and corn or flour tortilla 15

Pancakes (3 stack) - buttermilk, buckwheat, or multi-grain 13

Single Pancake - 6

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 15

Belgium Waffle 14

Brioche French Toast 14

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

Eggs Benedict - 2 poached eggs w/ ham and hollandaise sauce on an english muffin 21

Eggs Florentine - 2 poached eggs w/ spinach, mushrooms, and hollandaise sauce on an english muffin 21

Bodybuilder's Menu

Bodybuilder Breakfast – 8 oz. scrambled egg whites and choice of 3 pancakes or oatmeal 18

| | | | | | |
|---------------|----|-----------------------------|----|-------------|----|
| turkey patty | 20 | Jidori Chicken™ breast | 23 | Angus steak | 26 |
| buffalo patty | 27 | Beyond Meat or Gardenburger | 23 | | |

Bodybuilder Lunch – grilled Jidori Chicken™ breast on rotini pasta w/ marinara sauce 20

Bodybuilder Combo

carb choices: baked yam, baked potato, rice (brown or white), or rotini pasta.

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

Jidori Chicken™ Breast

| | |
|--------------------------|----|
| #1) egg whites & 1 carb | 23 |
| #2) 1 vegetable & 1 carb | 22 |

Beyond Meat

| | |
|--------------------------|----|
| #1) egg whites & 1 carb | 25 |
| #2) 1 vegetable & 1 carb | 24 |

Buffalo Patty

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|--------------------------|----|
| #1) egg whites & 1 carb | 27 |
| #2) 1 vegetable & 1 carb | 26 |

Ground Turkey Patty or Angus Beef Patty

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|----------------------------|----|
| #1) egg whites and 1 carb | 21 |
| #2) 1 vegetable and 1 carb | 20 |

Angus Steak

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|----------------------------|----|
| #1) egg whites and 1 carb | 26 |
| #2) 1 vegetable and 1 carb | 25 |

“Bob Bowl” – 10oz Angus Steak w/ sautéed red peppers and onions served over rice 30

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

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|---------------|----|-----------------------|----|
| Angus steak | 23 | Jidori chicken breast | 18 |
| beef patty | 16 | ground turkey patty | 16 |
| buffalo patty | 24 | Beyond Meat patty | 19 |
| | | tofu | 15 |

Entrees

Roasted Chicken - half herb roasted chicken served w/ steamed vegetables & choice of baked yam, baked potato, or rice. 25

Steak Fajitas - marinated beef w/ onions, bell peppers, chilies, & sliced avocado. Served w/ rice, beans, tortillas 22

Stir Fried Vegetables – in chinese sauce served w/ choice of white or brown rice. 14

| | | | | | |
|---------|----|------|----|------------|----|
| Chicken | 16 | Tofu | 15 | Angus Beef | 20 |
|---------|----|------|----|------------|----|

Teriyaki – served w/ house made teriyaki sauce, rice and choice of steamed vegetables or potato salad

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|------------|----|-----------------|----|--------|----|
| Angus Beef | 23 | Jidori Chicken™ | 20 | Salmon | 23 |
|------------|----|-----------------|----|--------|----|

Tilapia w/ Caper-Parsley Sauce - served with rice and steamed vegetables. 18

Seared Salmon – w/ ponzu sauce. served w/ steamed vegetables and rice. 24

Cod Fish and Chips – served w/ coleslaw, french fries, and tartar sauce (malt vinegar upon request). 20

Pasta – linguine or rotini w/ marinara or pesto sauce. served w/ a small green salad. 18

- Add Italian Meatballs - \$3

Linguine Pesto w/ Grilled Chicken 19

Burrito – w/ fresh pinto beans, rice, and salsa.

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|---------|----|------------|----|
| Chicken | 16 | Angus Beef | 18 |
|---------|----|------------|----|

Small Bites

- Chips & Salsa** – crisp homemade tortilla chips and fresh salsa 8
- Ceviche+Chips** – homemade ceviche and fresh tortilla chips 11
- Edamame** 10
- Spicy Edamame** - tossed in a Siracha and garlic sauce 10
- Garlic Parmesan French Fries** - thin string fries w/ parmesan cheese, garlic, cilantro 8
- Chicken Wings** – fresh Jidori chicken wings. Choice of Louisinana Hot sauce or Teriyaki 15
- Hot & Spicy Chicken** – spicy boneless tenderloins served w/ blue cheese dressing 12
- Tomato Caprese** – tomato, basil, and fresh burrata mozzarella 13
- Spinach Pancakes** – Firehouse original, iron packed spinach pancakes served w/ sour cream and fresh salsa 15
- Nachos** – fresh homemade tortilla chips, refried beans, cheese, fresh guacamole, sour cream, and salsa 15
- Cheese Quesadilla** – served w/ fresh homemade guacamole and salsa 11
- Chicken Tenders & Fries** – choice of BBQ sauce or ranch dressing 12
- Italian Meatballs** - served w/ marinara sauce 11

Tacos

- Fish Tacos** - w/ avocado pico de gallo 14
- Carne Asada** - marinated beef tacos topped with onions, cilantro, cotija cheese. Served w/ side of rice, beans, salsa. 17

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 16
- Chef's Salad** – fresh mixed greens w/ avocado, tomatoes, hard boiled egg, diced ham, chicken, and bacon 16
- Chinese Chicken Salad** – fresh mixed green salad topped w/ fresh charbroiled Jidori Chicken™ breast, almonds, and dressed in our “light” rice vinegar & sesame dressing 17
- Spinach Salad** - fresh spinach w/ diced chicken, hard boiled eggs, mushrooms, tomatoes, and grilled onions 16
- 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 17
- Caesar Salad** – classic caesar 12 w/ Jidori Chicken™ breast 18 w/ Angus steak 22
- Tuna Salad** – fresh mixed greens, tomatoes, hard boiled eggs, pickles, olives, topped w/ tuna 16
- Tomato Caprese** – tomato, basil, and fresh burrata mozzarella 13
- Green Salad** – fresh mixed greens, tomatoes, avocado, and olives 10

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

Angus Burger 18

w/ Bacon 19 w/ Avocado 20

Turkey Burger 18

Buffalo Burger 24

Beyond Meat Burger - Served on Vegan Buns w/ vegan garlic aioli, roasted tomato, and lettuce 20

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 19

Grilled Jidori Chicken™ Breast Sandwich – on a ciabatta roll w/ pesto sauce & tomatoes 21

Philly Cheese Steak Sandwich – rib eye beef served on a roll w/ roasted onions, peppers, and cheese 21

Buffalo Chicken – w/ provolone cheese, lettuce, tomatoes, blue cheese dressing, and served on a roll 19

Hamburger Melt – Certified Angus beef patty on rye bread w/ cheddar cheese and grilled onions 19

Tuna Melt - served on whole wheat toast 19

Grilled Cheese - served on whole wheat toast 17

Sausage Sandwich - texas style jalapeno pork or garlic chicken sausage on a roll w/ sautéed peppers & onions 17

Cold

Caprese – fresh mozzarella, tomato, and basil on a ciabatta roll w/ herb olive oil dressing 18

Triple Decker – grilled Jidori Chicken™ breast w/ bacon, avocado, lettuce, and tomatoes on wheat toast 22

BLT – bacon, lettuce, and tomatoes on wheat 18

Tuna – served on rye 19

Beverages

Organic Coffee 5

Soda 5

Iced Tea 5

Lemonade 5

Decaf Americano (no refill) 5

Cappucino 6

Latte 6

Espresso 5

Apple Juice 5

Orange Juice 5/7

Cranberry Juice 5

Tomato Juice 5

Milk 4/5

Hot Chocolate 5

Chocolate Milk 5

Milk Shake 9

Protein Shake 10

18% Gratuity added to parties of 6 or more.

Prices subject to change without notice.