



FOUNDED BY FIREMEN

Firehouse Subs Nutritional Information

Updated 4/7/09

The values below represent our subs served as listed on our menu (minus mayonnaise and cheese) and are based on information provided by our suppliers. Please be aware that supplier formulations may change. Values include bread.

	Calories	Fat Calories	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Medium Subs (4oz. Meat) Increase approx. 29 grams total fat, 8 grams saturated fat and 300 calories by adding mayonnaise & cheese															
Hook & Ladder	410	60	7	0	2	100	1360	68	3	9	19	8	4	14	16
Meatball	740	380	42	0	16	75	1690	61	4	6	29	14	12	35	28
NY Steamer	410	110	12	0	8	55	1940	48	2	4	25	0	0	28	20
Italian	560	230	25	0	10	90	1870	55	3	10	24	12	4	16	16
Engine Company	390	50	6	0	3	36	950	52	4	6	29	10	4	6	24
Engineer	380	45	5	0	1	40	1600	55	4	8	28	10	4	16	18
Steak	500	130	14	0	6	70	1300	62	4	8	29	0	0	8	18
Club On A Sub	510	140	16	0	4	70	1790	53	3	10	30	8	4	16	20
Hero	430	60	7	0	4	80	1800	54	3	9	35	12	4	16	24
Turkey	370	40	4	0	1	40	1390	54	3	7	28	12	4	14	18
Ham	410	60	7	0	3	60	1330	58	3	12	18	12	4	14	18
Pastrami	420	70	8	0	3	60	1690	58	2	6	31	8	4	2	45
Corned Beef	400	120	13	0	6	80	1550	55	2	6	34	8	4	2	35
Roast Beef	410	50	6	0	2	60	1370	48	3	5	30	12	4	14	28
Sliced Deli Chicken	380	40	4	0	1	50	880	47	3	5	31	12	4	14	20
Veggie	300	45	5	0	2	20	1020	56	4	6	12	8	14	14	16
Chicken Salad	760	415	46	0	7	80	1330	63	2	8	27	8	4	4	35
Tuna Salad	610	250	28	0	4	70	1170	62	2	10	32	6	4	0	25
Smokehouse Beef & Cheddar	740	410	36	0	15	110	1820	63	3	16	41	6	6	8	25
Large Subs (8oz. Meat) Increase approx. 45 grams total fat, 17 grams saturated fat, and 450 calories by adding mayonnaise & cheese															
Hook & Ladder	660	110	12	0	2	70	1850	94	4	17	50	8	6	8	35
Meatball	1220	620	69	0	28	140	2460	98	5	15	54	20	14	46	50
NY Steamer	750	220	25	0	10	140	3190	86	2	11	59	4	0	2	50
Italian	1000	410	45	0	12	100	2600	98	4	24	54	10	6	4	35
Engine Company	670	100	11	0	2	110	1340	88	4	11	62	8	6	6	45
Engineer	620	80	9	0	1	80	2200	94	4	9	50	8	6	10	40
Steak	830	220	25	0	10	150	1900	93	6	13	58	0	0	12	30
Club On A Sub	810	230	26	0	2	100	2550	94	4	17	58	8	6	8	35
Hero	680	110	12	0	3	90	2680	93	4	18	57	8	6	6	40
Smokehouse Beef & Cheddar	1060	530	50	0	19	160	2710	92	4	23	60	8	8	10	35
Large Subs (6oz. Meat) Increase approx. 45 grams total fat, 17 grams saturated fat, and 450 calories by adding mayonnaise & cheese															
Turkey	560	70	7	0	1	90	1980	88	4	9	40	8	6	8	35
Ham	630	90	10	0	3	50	1940	94	4	21	43	8	6	4	35
Pastrami	640	120	13	0	4	90	2570	88	4	10	47	12	6	4	50
Corned Beef	600	220	25	0	9	120	2350	84	4	9	51	12	6	2	40
Roast Beef	600	80	9	0	3	110	2060	85	4	12	61	8	6	2	50
Sliced Deli Chicken	570	60	6	0	1	70	1310	78	4	6	45	16	6	18	30
Veggie	500	72	8	0	3	0	1510	92	5	15	17	12	20	4	30
Chicken Salad	1380	810	90	0	14	160	2380	99	4	15	50	14	6	8	40
Tuna Salad	1090	480	53	0	7	140	2070	98	4	19	60	8	6	2	25

	Calories	Fat Calories	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Chili & Salads (includes meat, cheese and egg but not salad dressing)															
Chili	370	250	28	1	8	50	1520	17	4	5	14	10	25	8	15
Chief's Salad w/ Ham	360	160	18	0	3	205	900	16	3	17	26	46	54	6	10
Chief's Salad w/ Turkey	300	90	15	0	2	215	1120	12	3	4	34	46	52	8	10
Chiefs Salad w/ Tuna Salad	610	360	40	0	9	270	720	16	3	9	40	50	52	24	8
Chief's Salad w/ Sliced Deli Chicken	320	140	14	0	1	180	1080	12	3	3	30	44	50	6	10
Chief's Salad w/ Chicken Salad	740	490	58	0	12	270	880	16	3	7	31	54	56	28	15
Pickle spear (1)	5	0	0	0	0	0	240	1	0	0	0	0	0	0	0
Desserts															
Chocolate Chip Cookie (1)	290	120	14	0	5	30	240	37	2	13	5	30	0	2	10
Peanut Butter Cookie (1)	360	230	26	0	6	30	300	25	3	5	10	30	0	2	10
Oatmeal Raisin Cookie (1)	310	140	16	0	5	25	240	35	3	13	5	30	0	2	8
Macadamia Nut Cookie (1)	330	150	17	0	7	25	170	41	1	26	4	8	0	4	6
Brownies (1)	420	160	18	0	8	100	310	63	1	34	5	35	0	6	25
Salad dressings (1.5 oz [1 packet])															
Italian	200	180	21	0	3	0	410	4	0	3	0	0	0	0	0
Ranch	260	250	28	0	4	0	240	2	0	2	1	0	0	4	0
Fat Free Ranch	40	0	0	0	0	0	550	11	1	4	0	0	0	2	0
Fat Free Raspberry Vinaigrette	45	0	0	0	0	0	110	12	0	10	0	0	0	0	0
Thousand Island	190	170	18	0	3	20	420	6	0	4	0	0	0	0	0
Balsamic Vinaigrette	160	150	17	0	3	0	400	2	0	1	0	0	0	0	0
Mayonnaise (1 ounce)	200	190	22	0	3	10	130	1	0	0	0	0	0	0	0
Breads (bread is included in the nutritional calculation for the subs/sandwiches; it is provided as a reference only)															
White 8"	240	30	3	0	1	0	490	46	2	4	8	0	0	8	15
White 12"	380	45	5	0	1	0	780	73	3	7	13	0	0	10	25
Wheat 8"	230	30	3	0	1	0	580	46	4	8	8	0	0	2	15
Wheat 12"	380	45	5	0	1	0	940	74	7	14	13	0	0	4	25
Sandwich bread (Kid's Menu)	220	30	3	0	0	0	460	44	2	3	7	0	0	6	15
Cheese															
Provolone (2 slices)	100	70	8	0	5	20	250	1	0	0	7	4	0	20	0
Swiss (2 slices)	110	70	8	0	5	30	60	1	0	0	8	2	0	20	0
Monterey Jack (2 slices)	105	80	9	0	5	30	190	1	0	0	7	0	0	20	0
Cheddar (2 slices)	110	80	9	0	6	60	350	0	0	0	7	6	0	20	0
Kid's Meals (no mayo)															
Turkey and cheese	230	50	6	0	3	20	810	25	1	3	18	2	0	14	8
Ham and cheese	240	70	8	0	4	40	800	28	1	6	13	2	0	14	8
Peanut butter and jelly	600	270	31	0	5	0	730	79	5	32	19	0	0	6	18
Grilled cheese	380	225	25	0	8	30	640	23	2	1	11	26	0	20	14
Roast beef and cheese	385	135	15	0	5	30	780	42	2	9	20	8	0	16	10
Meatball and cheese	450	270	30	0	11	60	880	28	1	3	19	6	6	18	14
Oreo cookies (2)	110	45	5	0	1	0	150	15	0	13	1	0	0	2	2
Beverages (medium)															
Sweet Tea	170	0	0	0	0	0	20	42	0	41	0	0	0	0	0
Unsweet Tea	0	0	0	0	0	0	20	0	0	0	0	0	0	0	0

For all Coca-Cola bottled beverages, refer to label.

For all Coca-Cola fountain beverages, follow the link:

http://www.thecoca-colacompany.com/mail/goodanswer/us_fountain_beverages.pdf