

Firehouse Subs Menu Price & Calories



Spicy Cajun Chicken

Small (4 inch)	360 Cal	\$5.59
Medium (7-8 inch)	710 Cal	\$9.39
Large (11-12 inch)	1,170 Cal	\$12.39

Hero®

Small (4 inch)	400 Cal	\$6.79
Medium (7-8 inch)	790 Cal	\$10.59
Large (11-12 inch)	1,180 Cal	\$13.59

Turkey Bacon Ranch

Small (4 inch)	420 Cal	\$6.29
Medium (7-8 inch)	830 Cal	\$10.29
Large (11-12 inch)	1,440 Cal	\$13.29

Firehouse Engineer®

Small (4 inch)	350 Cal	\$5.99
Medium (7-8 inch)	700 Cal	\$9.69
Large (11-12 inch)	1,120 Cal	\$12.69

Smokehouse Beef & Cheddar Brisket

Small (4 inch)	450 Cal	\$6.99
Medium (7-8 inch)	890 Cal	\$11.89
Large (11-12 inch)	1,500 Cal	\$14.89

Firehouse Steak & Cheese

Small (4 inch)	420 Cal	\$6.69
Medium (7-8 inch)	840 Cal	\$10.99
Large (11-12 inch)	1,400 Cal	\$13.89

Firehouse Italia

Small (4 inch)	360 Cal	\$5.79
Medium (7-8 inch)	930 Cal	\$9.59
Large (11-12 inch)	1,140 Cal	\$12.59

Sweet & Spicy Meatball

Small	480 Cal	\$5.89
-------	---------	--------

(4 inch)		
Medium (7-8 inch)	880 Cal	\$9.49
Large (11-12 inch)	1,380 Cal	\$12.49

Firehouse Meatball®

Small (4 inch)	460 Cal	\$5.89
Medium (7-8 inch)	840 Cal	\$9.49
Large (11-12 inch)	1,310 Cal	\$12.49

Hook & Ladder

Small (4 inch)	360 Cal	\$5.49
Medium (7-8 inch)	720 Cal	\$9.59
Large (11-12 inch)	1,140 Cal	\$12.49

Jamaican Jerk Turkey

Small (4 inch)	360 Cal	\$5.69
Medium (7-8 inch)	720 Cal	\$9.39
Large (11-12 inch)	1,140 Cal	\$12.39

New York Steamer®

Small (4 inch)	360 Cal	\$6.29
-------------------	---------	--------

Medium (7-8 inch)	730 Cal	\$9.89
Large (11-12 inch)	1,190 Cal	\$12.89

Prime Rib Steak Sub

Small (4 inch)	419 Cal	\$6.99
Medium (7-8 inch)	810 Cal	\$9.99
Large (11-12 inch)	1,340 Cal	\$13.99



Veggie

Small (4 inch)	370 Cal	\$4.89
Medium (7-8 inch)	730 Cal	\$8.39
Large (11-12 inch)	1,070 Cal	\$11.39

Grilled Chicken Breast

Small (4 inch)	370 Cal	\$5.19
Medium	740 Cal	\$9.19

(7-8 inch)		
Large	1,130 Cal	\$12.19
(11-12 inch)		

USDA Choice Roast Beef

Small	380 Cal	\$5.19
(4 inch)		
Medium	740 Cal	\$9.19
(7-8 inch)		
Large	1,140 Cal	\$12.19
(11-12 inch)		

USDA Choice Pastrami

Small	370 Cal	\$5.19
(4 inch)		
Medium	720 Cal	\$9.19
(7-8 inch)		
Large	1,110 Cal	\$12.19
(11-12 inch)		

USDA Choice Corned Beef Brisket

Small	380 Cal	\$5.19
(4 inch)		
Medium	740 Cal	\$9.19
(7-8 inch)		
Large	1,140 Cal	\$12.19
(11-12 inch)		

Virginia Honey Ham\$

Small	370 Cal	\$4.99
(4 inch)		
Medium	740 Cal	\$8.99
(7-8 inch)		

Large (11-12 inch)	1,130 Cal	\$11.99
-------------------------------------	------------------	----------------

Smoked Turkey Breast

Small (4 inch)	340 Cal	\$4.99
Medium (7-8 inch)	680 Cal	\$8.99
Large (11-12 inch)	1,040 Cal	\$11.99



Cold Italian

Small (4 inch)	470 Cal	\$5.49
Medium (7-8 inch)	940 Cal	\$9.49
Large (11-12 inch)	1,450 Cal	\$13.49

Tuna Salad

Small (4 inch)	460 Cal	\$4.99
---------------------------------	----------------	---------------

Medium (7-8 inch)	910 Cal	\$9.09
Large (11-12 inch)	1,550 Cal	\$12.09



Firehouse Salad

Regular Bowl	130 Cal	\$6.99
---------------------	----------------	---------------

Firehouse Salad with Grilled Chicken

Regular Bowl	380 Cal	\$9.89
---------------------	----------------	---------------

Firehouse Salad with Turkey

Regular Bowl	220 Cal	\$9.89
---------------------	----------------	---------------

Firehouse Salad with Ham

Regular Bowl	290 Cal	\$9.89
---------------------	----------------	---------------

Italian with Grilled Chicken Salad

Regular Bowl	410 Cal	\$9.89
--------------	---------	--------

Hook & Ladder Salad

Regular Bowl	250 Cal	\$9.89
--------------	---------	--------



Dessert Bundle

3 Dessert Bundle	870 Cal	\$2.99
------------------	---------	--------

Brownie

1 Piece of Brownie	430 Cal	\$1.79
--------------------	---------	--------

Cookie

Chocolate Chip	310 Cal	\$1.29
----------------	---------	--------

Five Cheese Mac

Regular Bowl	380 Cal	\$4.59
--------------	---------	--------

Firehouse Chili

Regular Bowl	300 Cal	\$4.99
--------------	---------	--------

Loaded Potato Soup

Regular Bowl	380 Cal	\$4.99
--------------	---------	--------

Side Salad

Bowl	60 Cal	\$4.29
------	--------	--------

Chips

Lay's	240 Cal	\$1.69
-------	---------	--------

Garlic Bread

Regular Bowl	0 Cal	\$1.99
--------------	-------	--------



Bottle Coca-Cola

1 Bottle	240 Cal	\$2.79
----------	---------	--------

Bottle Diet Coke

1 Bottle	0 Cal	\$2.79
----------	-------	--------

Bottle Sprite

1 Bottle	230 Cal	\$2.79
----------	---------	--------

Bottle Zero Coke

1 Bottle	0 Cal	\$2.79
----------	-------	--------

Bottled Water

1 Bottle	0 Cal	\$2.59
----------	-------	--------

Fountain Drink

1 Bottle

0 Cal

\$2.69



Hot Meatball

385 Cal

\$5.49

Hot Grilled Cheddar Cheese

465 Cal

\$5.49

Hot Ham & Provolone

285 Cal

\$5.49

Hot Turkey & Provolone

245 Cal

\$5.49



Standard Platter

5,480 Cal

\$59.99

Deluxe Platter

6,500 Cal

\$64.99

Standard Half Platter: Subs & Snacks

6,200 Cal

\$58.99

Deluxe Half Platter: Subs & Snacks

6,330 Cal

\$60.99

Standard Platter Pack

11,160 Cal

\$94.99

Deluxe Platter Pack

12,180 Cal

\$99.99

Gallon of UnSweet Tea

0 Cal

\$8.99

Gallon of Sweet Tea

0 Cal

\$8.99

Gallon of Lemonade

1,760 Cal

\$8.99
