

Ultimate Firehouse Subs Nutrition Guide

2025

Classic Firehouse Subs Nutrition Facts

Breakdown of calories, protein, carbs, sodium & more for regular subs.

Sub & Variant	Cals	Prot	Carbs	Sodium (mg)	Sugar (g)	WW Pts
Chicken Medium Wheat	680	37 g	55 g	 1,840	 13	19
Chicken Medium White	690	37 g	55 g	 1,750	 9	19
Chicken Med White, no mayo/cheese	380	29 g	53 g	 1,370	 9	10

Chicken Large Wheat	1,050	57 g	87 g	 2,560	 21	30
Chicken Large White	1,050	57 g	86 g	 2,700	 14	29
Chicken Salad Med Wheat	810	34 g	60 g	 1,460	 13	22
Chicken Salad Med White	820	34 g	60 g	 1,370	 9	22
Chicken Salad Med White, no mayo/ch eese	520	26 g	58 g	 990	 9	13
Chicken Salad	1,380	60 g	98 g	 2,180	 23	37

Large Wheat						
Chicken Salad Large White	1,380	60 g	95 g	 2,320	 15	37
Club Medium Wheat	770	40 g	65 g	 2,000	 19	22
Club Medium White	780	40 g	64 g	 1,910	 15	21
Club Med White, no mayo/cheese	480	34 g	62 g	 1,610	 15	13
Club Large Wheat	1,270	73 g	107 g	 3,190	 35	36

Club Large White	1,270	72 g	104 g	 3,360	 27	35
Corned Beef Medium Wheat	720	35 g	55 g	 2,380	[] 11	20
Corned Beef Medium White	730	35 g	54 g	 2,290	[] 7	20
Corned Beef Med White, no mayo/ch eese	430	27 g	52 g	 1,910	[] 7	11
Corned Beef Large Wheat	1,120	54 g	88 g	 3,370	 19	31
Corned Beef	1,120	53 g	84 g	 3,510	 11	31

Large White						
Engine Company Medium Wheat	690	36 g	57 g	 1,840	 13	19
Engine Company Medium White	700	36 g	57 g	 1,750	 9	19
Engine Co Med White, no mayo/cheese	390	30 g	55 g	 1,450	 9	10
Engine Co Large Wheat	1,130	66 g	93 g	 3,000	 22	31

Engine Co Large White	1,130	66 g	92 g	 3,140	 15	31
Engineer Medium Wheat	680	39 g	62 g	 2,000	 13	19
Engineer Medium White	690	39 g	61 g	 1,910	 9	19
Engineer Med White, no mayo/ch eese	380	31 g	58 g	 1,720	 9	11
Engineer Large Wheat	1,110	70 g	100 g	 3,190	 23	31
Engineer Large White	1,110	69 g	96 g	 3,330	 15	31

Ham Medium Wheat	730	37 g	71 g	 1,720	 25	21
Ham Medium White	730	37 g	70 g	 1,630	 21	20
Ham Med White, no mayo/ch eese	430	29 g	68 g	 1,250	 21	12
Ham Large Wheat	1,120	57 g	112 g	 2,370	 40	32
Ham Large White	1,120	57 g	108 g	 2,510	 32	31
Hero Medium Wheat	770	48 g	65 g	 2,260	 20	21

Hero Medium White	770	48 g	64 g	 2,170	 15	21
Hero Med White, no mayo/ch eese	470	40 g	62 g	 1,790	 15	12
Hero Large Wheat	1,160	68 g	106 g	 2,910	 34	32
Hero Large White	1,160	68 g	102 g	 3,050	 26	32
Hook & Ladder Medium Wheat	690	35 g	65 g	 1,750	 19	20
Hook & Ladder Medium White	700	35 g	64 g	 1,660	 15	19

Hook & Ladder Med White, no mayo/cheese	400	29 g	62 g	 1,360	 15	11
Hook & Ladder Large Wheat	1,150	64 g	108 g	 2,810	 35	32
Hook & Ladder Large White	1,150	64 g	104 g	 2,950	 27	32
Italian Medium Wheat	910	38 g	65 g	 2,520	 20	25
Italian Medium White	910	38 g	64 g	 2,430	 16	25
Italian Med White,	610	30 g	62 g	 2,050	 16	17

no mayo/ch eese						
Italian Large Wheat	1,400	68 g	114 g	 3,590	 43	39
Italian Large White	1,400	68 g	111 g	 3,730	 34	39
King's Hawaiia n Pork & Slaw	1,020	42 g	78 g	 1,530	 36	29
Meatball Medium Wheat	810	37 g	60 g	 2,000	 14	23
Meatball Medium White	820	37 g	60 g	 1,910	 10	23

Meatball Large Wheat	1,290	59 g	96 g	 2,900	 23	36
Meatball Large White	1,290	59 g	95 g	 3,040	 16	36
Pastrami Medium Wheat	680	33 g	57 g	 2,200	 11	19
Pastrami Medium White	690	33 g	56 g	 2,110	 7	19
Pastrami Med White, no mayo/ch eese	390	25 g	54 g	 1,730	 7	10
Pastrami Large Wheat	1,060	51 g	91 g	 3,100	 19	29

Pastrami Large White	1,060	50 g	87 g	 3,240	 11	29
Pickle Spear	5	0 g	1 g	 240	 0	0
Roast Beef Medium Wheat	700	39 g	55 g	 1,910	 11	19
Roast Beef Medium White	710	39 g	54 g	 1,820	 7	19
Roast Beef Med White, no mayo/ch eese	410	31 g	52 g	 1,430	 7	10
Roast Beef	1,090	60 g	88 g	 2,650	 19	29

Large Wheat						
Roast Beef Large White	1,090	59 g	84 g	 2,790	 11	29
Smokehouse Brisket Medium Wheat	880	30 g	64 g	 1,780	 16	25
Smokehouse Brisket Medium White	890	30 g	64 g	 1,690	 12	25
Smokehouse Med White, no mayo/cheese	580	24 g	61 g	 1,390	 12	16

Smokehouse Large Wheat	1,500	54 g	101 g	 2,830	 26	42
Smokehouse Large White	1,500	54 g	100 g	 2,970	 19	42
Steak Medium Wheat	760	38 g	56 g	 1,810	 13	22
Steak Medium White	770	38 g	56 g	 1,720	 9	21
Steak Med White, no mayo/cheese	470	30 g	54 g	 1,340	 9	13
Steak Large Wheat	1,280	69 g	90 g	 2,830	 22	36

Steak Large White	1,280	69 g	89 g	 2,970	 15	36
Steamer Medium Wheat	710	33 g	51 g	 2,450	 9	20
Steamer Medium White	720	33 g	51 g	 2,360	 5	20
Steamer Med White, no mayo/ch eese	410	25 g	49 g	 1,980	 5	11
Steamer Large Wheat	1,160	59 g	82 g	 4,090	 15	32
Steamer Large White	1,160	59 g	81 g	 4,230	 8	32

Sweet/S picy MB Medium Wheat	870	37 g	76 g	 2,470	 21	25
Sweet/S picy MB Medium White	880	37 g	76 g	 2,380	 17	25
Sweet/S picy MB Large Wheat	1,350	59 g	112 g	 3,370	 30	38
Sweet/S picy MB Large White	1,350	59 g	111 g	 3,510	 23	38
Tuna Medium Wheat	990	36 g	67 g	 1,700	 15	28
Tuna Medium White	1,000	36 g	67 g	 1,610	 11	28

Tuna Med White, no mayo/ch eese	700	28 g	65 g	 1,230	 11	20
Tuna Large Wheat	1,730	65 g	112 g	 2,660	 27	49
Tuna Large White	1,730	65 g	111 g	 2,800	 20	49
Turkey Bacon Ranch Med Wheat	840	42 g	60 g	 2,330	 14	23
Turkey Bacon Ranch Med White	840	42 g	59 g	 2,240	 10	23
Turkey Bacon	540	35 g	57 g	 1,940	 10	14

Ranch Med White, no mayo/ch eese						
Turkey Bacon Ranch Large Wheat	1,360	75 g	98 g	 3,790	 25	37
Turkey Bacon Ranch Large White	1,360	74 g	94 g	 3,930	 17	37
Turkey Medium Wheat	660	37 g	59 g	 1,940	 13	19
Turkey Medium White	670	37 g	58 g	 1,850	 9	19
Turkey Med	370	29 g	56 g	 1,470	 9	10

White, no mayo/ch eese						
Turkey Large Wheat	1,030	57 g	94 g	 2,700	 22	29
Turkey Large White	1,030	57 g	90 g	 2,840	 14	28
Veggie Medium Wheat	710	25 g	60 g	 1,610	 13	21
Veggie Medium White	720	25 g	60 g	 1,520	 9	20
Veggie Med White, no mayo/ch eese	420	17 g	58 g	 1,140	 9	12

Veggie Large Wheat	1,060	35 g	96 g	 2,090	 23	30
Veggie Large White	1,060	35 g	95 g	 2,230	 16	30

Double Meat Subs: High-Protein Firehouse Options

Get the stats on extra-loaded subs with double the meat and flavor.

Sub	Cals	Protein	Carbs	Sodium (mg)	Sugar (g)	WW Pts
Double Meat Beef Brisket Med White	1,170	46	64	 2,400	 12	33
Double Meat Chicken Med White	810	58	57	 2,620	 11	22

Double Meat Chick Salad Med White	1,070	51	65	 1,770	 11	28
Double Meat Club Medium White	990	66	74	 2,940	 23	27
Double Meat Engineer Medium White	790	59	65	 2,800	 11	22
Double Meat Ham Medium White	890	58	86	 2,300	 35	25
Double Meat Hero	970	79	74	 3,370	 23	26

Medium White						
Double Meat Hook Med White	830	56	74	 2,440	 23	23
Double Meat Italian Medium White	1,230	59	73	 3,740	 23	33
Double Meat Meatball Medium White	1,270	57	68	 2,860	 11	35
Double Meat Steak Medium White	980	60	58	 2,360	 11	27
Double Meat	860	50	52	 3,600	 5	23

Steamer Medium White						
Double Meat Tuna Medium White	1,420	55	79	 2,260	 15	40
Double Meat Turkey Medium White	770	58	62	 2,740	 11	21
Double Meat Turk Bac Ranch Med White	1,020	67	63	 3,390	 12	27

Catering Platters & Boxed Lunches Nutrition

Nutrition info for Firehouse catering boxes, platters, and party trays.

Item	Cals	Prot (g)	Carbs (g)	Sodium	Sugar	WW Pts
Boxed Lunch – half medium Chicken	260	19	28	 870 mg	 5 g	7
Boxed Lunch – half medium Corned Beef	280	17	27	 1,100 mg	 4 g	8
Boxed Lunch – half medium Ham	280	19	35	 770 mg	 12 g	8
Boxed Lunch – half medium Pastrami	260	16	28	 1,010 mg	 4 g	7

Boxed Lunch – half medium Roast Beef	270	19	27	 870 mg	 4 g	7
Boxed Lunch – half medium Turkey	250	19	29	 880 mg	 5 g	7
Boxed Lunch – half large Chicken	360	26	42	 1,250 m g	 7 g	10
Boxed Lunch – half large Corned Beef	430	27	42	 1,670 m g	 7 g	11
Boxed Lunch – half	430	29	54	 1,180 m g	 18 g	12

large Ham						
Boxed Lunch – half large Pastrami	400	25	44	 1,540 m g	 7 g	11
Boxed Lunch – half large Roast Beef	410	30	42	 1,320 m g	 7 g	11
Boxed Lunch – half large Turkey	380	29	45	 1,340 m g	 9 g	10
Boxed Lunch – medium Chicken	520	37	56	 1,710 m g	 11 g	14

Boxed Lunch – medium Corned Beef	550	35	54	 2,170 m g	 9 g	15
Boxed Lunch – medium Ham	560	37	70	 1,510 m g	 23 g	15
Boxed Lunch – medium Pastrami	510	33	56	 1,990 m g	 9 g	14
Boxed Lunch – medium Roast Beef	530	39	54	 1,690 m g	 9 g	14
Boxed Lunch – medium Turkey	490	37	58	 1,730 m g	 11 g	14

Catering Salad Dlx Platter – Chicken	100*	11	6	 370 mg	 3 g	3
Catering Salad Dlx Platter – Chick Salad	130*	9	7	 200 mg	 3 g	3
Catering Salad Dlx Platter – Ham	120*	11	11	 310 mg	 7 g	3
Catering Salad Dlx Platter – Tuna	170*	9	9	 260 mg	 4 g	5
Catering Salad Dlx	100*	11	7	 380 mg	 3 g	3

Platter – Turkey						
Catering Salad Platter	35*	2	8	 15 mg	 4 g	1
Catering Sub Deluxe Platter	450*	34	50	 1,500 m g	 13 g	12
Catering Sub Platter	430*	34	51	 1,440 m g	 14 g	12

Firehouse Subs Salad Nutrition Menu

Explore healthier salad options with grilled chicken, tuna, turkey & more.

Salad	Calories	Protein (g)	Carbs (g)	Sodium (mg)	Sugar (g)	WW Points
Chief's Salad Chicken	370	38	17	 1,210	 10	10

Chief's Salad Chicken Salad	490	34	20	 740	 10	13
Chief's Salad Ham	410	38	31	 1,000	 22	11
Chief's Salad Tuna	670	37	27	 980	 12	19
Chief's Salad Turkey	350	38	19	 1,230	 10	10

Kids' Meal Nutrition Info

Sub and grilled cheese options tailored for young appetites with balanced macros.

Meal	Calories	Protein (g)	Carbs (g)	Sodium (mg)	Sugar (g)	WW Points

Kid's Grilled Cheese	505	13	53	 900	 7	14
Kid's Ham Sub	295	18	39	 750	 13	8
Kid's Meatball	495	20	37	 1,050	 8	14
Kid's Roast Beef	285	19	31	 850	 6	7
Kid's Turkey Sub	265	18	33	 870	 7	7

Desserts & Sweet Treats Nutrition

Calories, sugars, and smart picks from Firehouse cookies and brownies.

Dessert	Calories	Protein (g)	Carbs (g)	Sodium (mg)	Sugar (g)	WW Points

Cookie – Oatmeal Raisin	300	4	47	 190	 24	9
Cookie – Chocolate Chip	290	4	52	 160	 35	10
Cookie – Lemon Cooler	270	3	34	 380	 18	8
Brownie	490	5	80	 240	 58	14

Soup & Chili Nutrition Breakdown

Warm up with Firehouse Soups – get the nutrition details before you order.

Item	Calories	Protein (g)	Carbs (g)	Sodium (mg)	Sugar (g)	WW Points
Chili	340	20	25	 960	 6	9

Chicken Noodle Soup	160	5	17	 1,130	 2	4
Broccoli Cheese Soup	300	16	17	 1,060	 8	8