



FOUNDED BY FIREMEN™

Nutritional Information

Note: Menu items include all ingredients recommended on standard recipe, i.e. fully involved includes mayonnaise and cheese.

Updated 6/11/2012

Subs	Calories	Fat Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Chicken Medium Wheat	680	340	38g	9g	0g	100mg	1840mg	55g	5g	13g	37g	15%	15%	25%	20%
Chicken Medium White	690	340	38g	9g	0g	100mg	1750mg	55g	3g	9g	37g	15%	15%	30%	20%
without mayo & cheese	380	70	7g	2g	0g	70mg	1370mg	53g	3g	9g	29g	15%	15%	10%	20%
Chicken Large Wheat	1050	520	57g	13g	0g	150mg	2560mg	87g	9g	21g	57g	25%	20%	35%	35%
Chicken Large White	1050	520	57g	13g	0g	150mg	2700mg	86g	5g	14g	57g	25%	20%	45%	35%
Chicken Salad Medium Wheat	810	440	48g	10g	0g	85mg	1460mg	60g	6g	13g	34g	20%	20%	25%	20%
Chicken Salad Medium White	820	440	48g	10g	0g	85mg	1370mg	60g	4g	9g	34g	20%	20%	30%	20%
without mayo & cheese	520	170	18g	3g	0g	55mg	990mg	58g	4g	9g	26g	15%	20%	10%	20%
Chicken Salad Large Wheat	1380	730	80g	16g	0g	160mg	2180mg	98g	9g	23g	60g	25%	30%	40%	35%
Chicken Salad Large White	1380	730	80g	16g	0g	160mg	2320mg	95g	5g	15g	60g	30%	30%	45%	35%
Club Medium Wheat	770	380	42g	12g	0g	90mg	2000mg	65g	6g	19g	40g	20%	15%	25%	20%
Club Medium White	780	380	42g	11g	0g	90mg	1910mg	64g	3g	15g	40g	20%	15%	30%	20%
without mayo & cheese	480	100	11g	3g	0g	50mg	1610mg	62g	3g	15g	34g	15%	15%	10%	20%
Club Large Wheat	1270	590	66g	17g	0g	160mg	3190mg	107g	9g	35g	73g	30%	20%	35%	35%
Club Large White	1270	590	66g	17g	0g	160mg	3360mg	104g	5g	27g	72g	30%	20%	45%	35%
Corned Beef Medium Wheat	720	380	42g	11g	0g	90mg	2380mg	55g	6g	11g	35g	15%	15%	25%	25%
Corned Beef Medium White	730	380	42g	11g	0g	90mg	2290mg	54g	3g	7g	35g	15%	15%	30%	25%
without mayo & cheese	430	110	12g	4g	0g	60mg	1910mg	52g	3g	7g	27g	15%	15%	10%	25%
Corned Beef Large Wheat	1120	580	64g	16g	0g	135mg	3370mg	88g	10g	19g	54g	25%	25%	35%	40%
Corned Beef Large White	1120	580	64g	16g	0g	135mg	3510mg	84g	5g	11g	53g	25%	20%	45%	40%
Engine Company Medium Wheat	690	330	36g	10g	0g	85mg	1840mg	57g	6g	13g	36g	25%	20%	25%	25%
Engine Company Medium White	700	330	36g	9g	0g	85mg	1750mg	57g	4g	9g	36g	25%	20%	30%	25%
without mayo & cheese	390	50	5g	1g	0g	45mg	1450mg	55g	4g	9g	30g	15%	20%	10%	25%
Engine Company Large Wheat	1130	510	56g	14g	0g	150mg	3000mg	93g	10g	22g	66g	35%	25%	35%	45%
Engine Company Large White	1130	510	56g	14g	0g	150mg	3140mg	92g	6g	15g	66g	35%	25%	45%	45%
Engineer Medium Wheat	680	320	35g	9g	0g	65mg	2000mg	62g	6g	13g	39g	15%	15%	30%	25%
Engineer Medium White	690	320	35g	8g	0g	65mg	1910mg	61g	3g	9g	39g	15%	15%	40%	25%
without mayo & cheese	380	50	5g	1g	0g	30mg	1720mg	58g	3g	9g	31g	15%	15%	10%	25%
Engineer Large Wheat	1110	490	54g	13g	0g	115mg	3190mg	100g	10g	23g	70g	20%	25%	50%	40%
Engineer Large White	1110	490	54g	13g	0g	115mg	3330mg	96g	5g	15g	69g	20%	20%	50%	40%

Subs (cont.)	Calories	Fat Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Ham Medium Wheat	730	330	37g	9g	0g	80mg	1720mg	71g	6g	25g	37g	15%	15%	25%	20%
Ham Medium White	730	330	36g	9g	0g	80mg	1630mg	70g	3g	21g	37g	15%	15%	30%	20%
without mayo & cheese	430	60	6g	2g	0g	50mg	1250mg	68g	3g	21g	29g	15%	15%	10%	20%
Ham Large Wheat	1120	500	55g	13g	0g	120mg	2370mg	112g	9g	40g	57g	20%	20%	35%	35%
Ham Large White	1120	500	55g	13g	0g	120mg	2510mg	108g	5g	32g	57g	25%	20%	45%	35%
Hero Medium Wheat	770	340	37g	9g	0g	100mg	2260mg	65g	6g	20g	48g	20%	20%	25%	25%
Hero Medium White	770	340	37g	9g	0g	100mg	2170mg	64g	3g	15g	48g	15%	15%	30%	25%
without mayo & cheese	470	70	7g	2g	0g	70mg	1790mg	62g	3g	15g	40g	15%	15%	10%	25%
Hero Large Wheat	1160	510	56g	13g	0g	140mg	2910mg	106g	10g	34g	68g	25%	25%	35%	40%
Hero Large White	1160	510	56g	13g	0g	140mg	3050mg	102g	5g	26g	68g	25%	20%	45%	40%
Hook & Ladder Medium Wheat	690	330	36g	10g	0g	80mg	1750mg	65g	6g	19g	35g	20%	15%	25%	20%
Hook & Ladder Medium White	700	330	36g	9g	0g	80mg	1660mg	64g	3g	15g	35g	20%	15%	30%	20%
without mayo & cheese	400	50	5g	1g	0g	40mg	1360mg	62g	3g	15g	29g	15%	15%	10%	20%
Hook & Ladder Large Wheat	1150	510	56g	14g	0g	140mg	2810mg	108g	10g	35g	64g	30%	25%	35%	35%
Hook & Ladder Large White	1150	510	56g	14g	0g	140mg	2950mg	104g	5g	27g	64g	30%	20%	45%	35%
Italian Medium Wheat	910	530	57g	16g	0g	105mg	2520mg	65g	6g	20g	38g	15%	15%	25%	20%
Italian Medium White	910	530	57g	16g	0g	105mg	2430mg	64g	3g	16g	38g	15%	15%	30%	20%
without mayo & cheese	610	260	27g	9g	0g	75mg	2050mg	62g	3g	16g	30g	15%	15%	10%	20%
Italian Large Wheat	1400	730	79g	21g	0g	170mg	3590mg	114g	10g	43g	68g	25%	25%	35%	35%
Italian Large White	1400	730	79g	21g	0g	170mg	3730mg	111g	5g	34g	68g	25%	20%	45%	35%
King's Hawaiian Pork & Slaw Sandwich	1020	580	63g	22g	0g	160mg	1530mg	78g	5g	36g	42g	15%	40%	25%	15%
Meatball Medium Wheat	810	440	50g	20g	0g	95mg	2000mg	60g	6g	14g	37g	15%	10%	30%	30%
Meatball Medium White	820	440	50g	20g	0g	95mg	1910mg	60g	4g	10g	37g	15%	10%	40%	30%
Meatball Large Wheat	1290	690	79g	31g	0g	150mg	2900mg	96g	10g	23g	59g	20%	15%	50%	50%
Meatball Large White	1290	690	79g	31g	0g	150mg	3040mg	95g	6g	16g	59g	20%	15%	60%	50%
Pastrami Medium Wheat	680	340	37g	10g	0g	80mg	2200mg	57g	6g	11g	33g	15%	15%	25%	25%
Pastrami Medium White	690	340	37g	10g	0g	80mg	2110mg	56g	3g	7g	33g	15%	15%	30%	25%
without mayo & cheese	390	70	7g	3g	0g	50mg	1730mg	54g	3g	7g	25g	15%	15%	10%	25%
Pastrami Large Wheat	1060	520	57g	15g	0g	120mg	3100mg	91g	10g	19g	51g	25%	25%	35%	40%
Pastrami Large White	1060	520	57g	15g	0g	120mg	3240mg	87g	5g	11g	50g	25%	20%	45%	40%
Pickle Spear	5	0	0g	0g	0g	0mg	240mg	1g	0g	0g	0g	0%	0%	0%	0%
Roast Beef Medium Wheat	700	330	36g	9g	0g	90mg	1910mg	55g	6g	11g	39g	15%	15%	25%	30%
Roast Beef Medium White	710	330	36g	9g	0g	90mg	1820mg	54g	3g	7g	39g	15%	15%	30%	30%
without mayo & cheese	410	60	6g	2g	0g	60mg	1430mg	52g	3g	7g	31g	15%	15%	10%	30%
Roast Beef Large Wheat	1090	500	55g	13g	0g	135mg	2650mg	88g	10g	19g	60g	25%	25%	35%	45%
Roast Beef Large White	1090	500	55g	13g	0g	135mg	2790mg	84g	5g	11g	59g	25%	20%	45%	45%
Smokehouse Beef Brisket Medium Wheat	880	520	59g	19g	0g	105mg	1780mg	64g	4g	16g	30g	10%	0%	20%	25%
Smokehouse Beef Brisket Medium White	890	520	59g	19g	0g	105mg	1690mg	64g	2g	12g	30g	10%	0%	25%	25%
without mayo & cheese	580	250	28g	11g	0g	70mg	1390mg	61g	2g	12g	24g	0%	0%	8%	25%
Smokehouse Beef Brisket Large Wheat	1500	890	101g	33g	0g	190mg	2830mg	101g	7g	26g	54g	15%	0%	30%	45%
Smokehouse Beef Brisket Large White	1500	890	101g	33g	0g	190mg	2970mg	100g	3g	19g	54g	15%	0%	35%	45%
Steak Medium Wheat	760	420	46g	13g	0g	90mg	1810mg	56g	5g	13g	38g	6%	40%	25%	25%
Steak Medium White	770	420	46g	12g	0g	90mg	1720mg	56g	3g	9g	38g	6%	40%	30%	25%
without mayo & cheese	470	110	16g	5g	0g	60mg	1340mg	54g	3g	9g	30g	2%	40%	8%	25%
Steak Large Wheat	1280	680	76g	21g	0g	170mg	2830mg	90g	8g	22g	69g	8%	60%	35%	45%
Steak Large White	1280	680	76g	21g	0g	170mg	2970mg	89g	4g	15g	69g	8%	60%	40%	45%

Subs (cont.)	Calories	Fat Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Steamer Medium Wheat	710	390	43g	11g	0g	85mg	2450mg	51g	4g	9g	33g	4%	0%	20%	25%
Steamer Medium White	720	390	43g	10g	0g	85mg	2360mg	51g	2g	5g	33g	4%	0%	30%	25%
without mayo & cheese	410	110	12g	4g	0g	55mg	1980mg	49g	2g	5g	25g	0%	0%	8%	25%
Steamer Large Wheat	1160	610	68g	17g	0g	155mg	4090mg	82g	7g	15g	59g	6%	0%	35%	40%
Steamer Large White	1160	610	68g	17g	0g	155mg	4230mg	81g	3g	8g	59g	6%	0%	40%	40%
Sweet/Spicy MB Medium Wheat	870	440	50g	20g	0g	95mg	2470mg	76g	6g	21g	37g	30%	25%	35%	30%
Sweet/Spicy MB Medium White	880	440	50g	20g	0g	95mg	2380mg	76g	4g	17g	37g	30%	25%	40%	30%
Sweet/Spicy MB Large Wheat	1350	690	79g	31g	0g	150mg	3370mg	112g	10g	30g	59g	35%	35%	50%	50%
Sweet/Spicy MB Large White	1350	690	79g	31g	0g	150mg	3510mg	111g	6g	23g	59g	35%	35%	60%	50%
Tuna Medium Wheat	990	620	68g	13g	0g	70mg	1700mg	67g	6g	15g	36g	25%	15%	25%	25%
Tuna Medium White	1000	620	68g	12g	0g	70mg	1610mg	67g	4g	11g	36g	25%	15%	30%	25%
without mayo & cheese	700	350	38g	5g	0g	40mg	1230mg	65g	4g	11g	28g	20%	15%	10%	25%
Tuna Large Wheat	1730	1080	120g	21g	0g	120mg	2660mg	112g	10g	27g	65g	35%	25%	40%	45%
Tuna Large White	1730	1080	120g	21g	0g	120mg	2800mg	111g	6g	20g	65g	35%	25%	45%	45%
Turkey Bacon Ranch Med Wheat	840	440	49g	12g	0g	85mg	2330mg	60g	6g	14g	42g	25%	15%	20%	20%
Turkey Bacon Ranch Med White	840	440	49g	12g	0g	85mg	2240mg	59g	3g	10g	42g	25%	15%	30%	20%
without mayo & cheese	540	170	19g	4g	0g	50mg	1940mg	57g	3g	10g	35g	15%	15%	10%	20%
Turkey Bacon Ranch Large Wheat	1360	680	76g	18g	0g	145mg	3790mg	98g	10g	25g	75g	35%	25%	35%	35%
Turkey Bacon Ranch Large White	1360	680	76g	18g	0g	145mg	3930mg	94g	5g	17g	74g	35%	20%	40%	35%
Turkey Medium Wheat	660	310	34g	8g	0g	60mg	1940mg	59g	6g	13g	37g	15%	15%	25%	20%
Turkey Medium White	670	310	34g	8g	0g	60mg	1850mg	58g	3g	9g	37g	15%	15%	30%	20%
without mayo & cheese	370	40	4g	1g	0g	30mg	1470mg	56g	3g	9g	29g	15%	15%	10%	20%
Turkey Large Wheat	1030	470	52g	12g	0g	90mg	2700mg	94g	10g	22g	57g	25%	25%	35%	35%
Turkey Large White	1030	470	52g	12g	0g	90mg	2840mg	90g	5g	14g	57g	25%	20%	45%	35%
Veggie Medium Wheat	710	410	45g	13g	0g	60mg	1610mg	60g	6g	13g	25g	30%	45%	45%	20%
Veggie Medium White	720	410	45g	13g	0g	60mg	1520mg	60g	4g	9g	25g	30%	45%	50%	20%
without mayo & cheese	420	140	15g	6g	0g	30mg	1140mg	58g	4g	9g	17g	25%	45%	30%	20%
Veggie Large Wheat	1060	580	64g	17g	0g	75mg	2090mg	96g	11g	23g	35g	40%	70%	60%	30%
Veggie Large White	1060	580	64g	17g	0g	75mg	2230mg	95g	7g	16g	35g	40%	70%	60%	30%

Double Meat Subs

Double Meat Beef Brisket Med White	1170	740	84g	29g	0g	170mg	2400mg	64g	2g	12g	46g	10%	0%	25%	35%
Double Meat Chicken Med White	810	390	42g	10g	0g	170mg	2620mg	57g	3g	11g	58g	15%	15%	30%	25%
Double Meat Chick Salad Med White	1070	580	63g	12g	0g	145mg	1770mg	65g	4g	11g	51g	20%	30%	35%	25%
Double Meat Club Medium White	990	450	51g	14g	0g	140mg	2940mg	74g	3g	23g	66g	20%	15%	30%	25%
Double Meat Engineer Medium White	790	330	36g	8g	0g	95mg	2800mg	65g	3g	11g	59g	15%	15%	40%	30%
Double Meat Ham Medium White	890	360	40g	10g	0g	130mg	2300mg	86g	3g	35g	58g	15%	15%	30%	25%
Double Meat Hero Medium White	970	370	40g	10g	0g	170mg	3370mg	74g	3g	23g	79g	15%	15%	30%	35%
Double Meat Hook Med White	830	350	39g	10g	0g	120mg	2440mg	74g	3g	23g	56g	20%	15%	30%	25%
Double Meat Italian Medium White	1230	730	78g	24g	0g	180mg	3740mg	73g	3g	23g	59g	15%	15%	30%	20%
Double Meat Meatball Medium White	1270	770	88g	34g	0g	170mg	2860mg	68g	4g	11g	57g	15%	10%	50%	45%
Double Meat Steak Medium White	980	530	58g	17g	0g	155mg	2360mg	58g	3g	11g	60g	6%	40%	30%	35%
Double Meat Steamer Medium White	860	450	49g	13g	0g	140mg	3600mg	52g	2g	5g	50g	4%	0%	30%	30%
Double Meat Tuna Medium White	1420	930	102g	17g	0g	105mg	2260mg	79g	4g	15g	55g	30%	15%	35%	35%

Subs (cont.)	Calories	Fat Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Double Meat Turkey Medium White	770	320	35g	8g	0g	90mg	2740mg	62g	3g	11g	58	15%	15%	30%	25%
Double Meat Turk Bac Ranch Med Wh	1020	500	56g	14g	0g	125mg	3390mg	63g	3g	12g	67g	25%	15%	30%	25%

Catering

Boxed Lunch--4" Chicken	260	90	9g	3g	0g	45mg	870mg	28g	2g	5g	19g	8%	6%	15%	10%
Boxed Lunch--4" Corned Beef	280	110	12g	4g	0g	40mg	1100mg	27g	2g	4g	17g	8%	6%	15%	10%
Boxed Lunch--4" Ham	280	80	9g	3g	0g	35mg	770mg	35g	2g	12g	19g	8%	6%	15%	10%
Boxed Lunch--4" Pastrami	260	90	9g	3.5g	0g	35mg	1010mg	28g	2g	4g	16g	8%	6%	15%	10%
Boxed Lunch--4" Roast Beef	270	80	9g	3g	0g	40mg	870mg	27g	2g	4g	19g	8%	6%	15%	15%
Boxed Lunch--4" Turkey	250	70	8g	2.5g	0g	25mg	880mg	29g	2g	5g	19g	8%	6%	15%	10%
Boxed Lunch--6" Chicken	360	100	11g	3.5g	0g	65mg	1250mg	42g	2g	7g	26g	8%	6%	15%	15%
Boxed Lunch--6" Corned Beef	430	150	17g	6g	0g	60mg	1670mg	42g	3g	7g	27g	10%	10%	20%	20%
Boxed Lunch--6" Ham	430	120	13g	4.5g	0g	55mg	1180mg	54g	3g	18g	29g	10%	10%	20%	15%
Boxed Lunch--6" Pastrami	400	120	14g	5g	0g	50mg	1540mg	44g	3g	7g	25g	10%	10%	20%	20%
Boxed Lunch--6" Roast Beef	410	120	13g	4.5g	0g	60mg	1320mg	42g	3g	7g	30g	10%	10%	20%	25%

Catering (cont.)

Boxed Lunch--6" Turkey	380	100	11g	3.5g	0g	40mg	1340mg	45g	3g	9g	29g	10%	10%	20%	15%
Boxed Lunch--8" Chicken	520	160	18g	6g	0g	90mg	1710mg	56g	4g	11g	37g	15%	15%	30%	20%
Boxed Lunch--8" Corned Beef	550	200	22g	8g	0g	80mg	2170mg	54g	4g	9g	35g	15%	15%	30%	25%
Boxed Lunch--8" Ham	560	150	17g	6g	0g	70mg	1510mg	70g	4g	23g	37g	15%	15%	30%	20%
Boxed Lunch--8" Pastrami	510	160	18g	7g	0g	70mg	1990mg	56g	4g	9g	33g	15%	15%	30%	25%
Boxed Lunch--8" Roast Beef	530	150	17g	6g	0g	80mg	1690mg	54g	4g	9g	39g	15%	15%	30%	30%
Boxed Lunch--8" Turkey	490	130	15g	5g	0g	50mg	1730mg	58g	4g	11g	37g	15%	15%	30%	20%
Catering Salad Dlx Platter Chicken	100*	40	4.5g	2g	0g	30mg	370mg	6g	2g	3g	11g	80%	45%	10%	6%
Catering Salad Dlx Platter Chic Sal	130*	60	7g	2g	0g	20mg	200mg	7g	2g	3g	9g	80%	50%	10%	6%
Catering Salad Dlx Platter Ham	120*	40	4.5g	2g	0g	25mg	310mg	11g	2g	7g	11g	80%	45%	10%	6%
Catering Salad Dlx Platter Tuna	170*	100	11g	2.5g	0g	15mg	260mg	9g	3g	4g	9g	80%	45%	10%	6%
Catering Salad Dlx Platter Turkey	100*	35	3.5g	1.5g	0g	15mg	380mg	7g	2g	3g	11g	80%	45%	10%	6%
Catering Salad Platter	35*	0	0g	0g	0g	0mg	15mg	8g	3g	4g	2g	100%	60%	4%	6%
Catering Sub Deluxe Platter	450*	120	14g	5g	0g	60mg	1500mg	50g	3g	13g	34g	15%	15%	20%	20%
Catering Sub Platter	430*	110	12g	4g	0g	60mg	1440mg	51g	3g	14g	34g	15%	15%	20%	20%

*Catering values are calculated per individual serving

Salads[†]

Chief's Salad Chicken	370	160	18g	7g	0g	305mg	1210mg	17g	5g	10g	38g	150%	110%	30%	15%
Chief's Salad Chicken Salad	490	260	29g	8g	0g	290mg	740mg	20g	5g	10g	34g	160%	120%	30%	15%
Chief's Salad Ham	410	150	17g	7g	0g	285mg	1000mg	31g	5g	22g	38g	150%	110%	30%	15%
Chief's Salad Tuna	670	440	48g	11g	0g	270mg	980mg	27g	6g	12g	37g	160%	110%	30%	20%
Chief's Salad Turkey	350	130	15g	6g	0g	260mg	1230mg	19g	5g	10g	38g	150%	110%	30%	15%

[†] values **do not** include salad dressings

Kid's Meals	Calories	Fat Calories	Total Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Kid's Grilled Cheese	460	230	27g	7g	0g	25mg	850mg	45g	2g	3g	13g	30%	0%	25%	15%
Kid's Ham Sub	250	70	7g	3g	0g	35mg	700mg	31g	1g	9g	18g	2%	0%	15%	10%
Kid's Meatball	450	250	29g	11g	0g	55mg	1000mg	29g	1g	4g	20g	4%	2%	20%	15%
Kid's PB&J	580	200	24g	4.5g	0g	0mg	690mg	80g	5g	35g	18g	0%	0%	8%	20%
Kid's Roast Beef	240	60	7g	2.5g	0g	40mg	800mg	23g	1g	2g	19g	2%	0%	15%	15%
Kid's Turkey Sub	220	60	6g	2g	0g	25mg	820mg	25g	1g	3g	18g	2%	0%	15%	10%

Desserts

Cookie--Oatmeal Raisin	300	110	12g	5g	0g	25mg	190mg	47g	3g	24g	4g	10%	0%	2%	6%
Cookie--Chocolate Chip	290	120	14g	4g	0g	30mg	160mg	52g	1g	35g	4g	8%	0%	0%	10%
Cookie--Lemon Cooler	270	120	14g	5g	0g	20mg	380mg	34g	1g	18g	3g	15%	0%	6%	6%
Brownie	490	180	20g	6g	0g	85mg	240mg	80g	1g	58g	5g	25%	0%	2%	20%

Soups and Chili

Chili	340	160	17g	6g	0.5g	50mg	960mg	25g	6g	6g	20g	10%	70%	8%	20%
Chicken Noodle Soup	160	70	8g	2g	0g	15mg	1130mg	17g	1g	2g	5g	40%	4%	2%	4%
Broccoli Cheese Soup	300	170	19g	12g	0g	65mg	1060mg	17g	2g	8g	16g	25%	50%	45%	4%

Fountain Drinks (reduced calorie)**

Unsweet Tea	5	0	0g	0g	0g	0mg	20mg	1g	0g	0g	0g	0%	0%	0%	0%
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Fountain Drinks (full calorie)**

Cherry Limeade	260	0	0g	0g	0g	0mg	25mg	70g	0g	70g	0g	0%	0%	0%	0%
Dr. Pepper	260	0	0g	0g	0g	0mg	75mg	65g	0g	65g	0g	0%	0%	0%	0%
Powerade Mountain Berry Blast	140	0	0g	0g	0g	0mg	250mg	35g	0g	35g	0g	0%	0%	0%	0%
Cherry Coke	280	0	0g	0g	0g	0mg	60mg	70g	0g	70g	0g	0%	0%	0%	0%
Sweet Tea	290	0	0g	0g	0g	0mg	20mg	74g	0g	73g	0g	0%	0%	0%	0%

**Values based on 20 fl. Oz. of product (equivalent to medium drink with ice)

Salad Dressings (1.5 ounce packet)	Calories	Fat	Total	Sat	Trans	Chol	Sodium	Carbs	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
		Calories	Fat	Fat	Fat										
Italian	200	180	21g	3g	0g	0mg	410mg	4g	0g	3g	0g	0%	0%	0%	0%
Ranch	260	250	28g	4g	0g	0mg	240mg	2g	0g	2g	1g	0%	0%	4%	0%
Fat Free Ranch	40	0	0g	0g	0g	0mg	550mg	11g	1g	4g	0g	0%	0%	2%	0%
Fat Free Raspberry Vinaigrette	45	0	0g	0g	0g	0mg	110mg	12g	0g	10g	0g	0%	0%	0%	0%
Thousand Island	190	170	18g	3g	0g	20mg	420mg	6g	0g	4g	0g	0%	0%	0%	0%
Balsamic Vinaigrette	160	150	17g	3g	0g	0mg	400mg	2g	0g	1g	0g	0%	0%	0%	0%
Mayonnaise (1 ounce)	200	190	22g	3g	0g	10mg	130mg	1g	0g	0g	0g	0%	0%	0%	0%

Breads

White Medium Sub Roll	240	30	3g	1g	0g	0mg	490mg	46g	2g	4g	8g	0%	0%	8%	15%
White Large Sub Roll	380	45	5g	1g	0g	0mg	780mg	73g	3g	7g	13g	0%	0%	10%	25%
Wheat Medium Sub Roll	230	30	3g	1g	0g	0mg	580mg	46g	4g	8g	8g	0%	0%	2%	15%
Wheat Large Sub Roll	380	45	5g	1g	0g	0mg	940mg	74g	7g	14g	13g	0%	0%	4%	25%
Sandwich bread	220	30	3g	0g	0g	0mg	460mg	44g	2g	3g	7g	0%	0%	6%	15%

Cheese (2 slices)

Provolone	110	70	8g	5g	0g	20mg	250mg	1g	0g	0g	7g	4%	0%	20%	0%
Swiss	110	70	8g	5g	0g	30mg	60mg	1g	0g	0g	8g	2%	0%	20%	0%
Monterey Jack	105	80	9g	5g	0g	30mg	190mg	1g	0g	0g	7g	0%	0%	20%	0%
Cheddar	110	80	9g	6g	0g	60mg	350mg	0g	0g	0g	7g	6%	0%	20%	0%



Please note: Coca-Cola Freestyle machines are not available at all Firehouse Subs locations. Please visit www.FirehouseSubs.com/Find-Location.aspx to find out if your nearest location is equipped with Freestyle.

Freestyle Products	12 fl oz (355 mL)								20 fl oz (591 mL)							
	CALORIES		Zero Calorie*		Low Calorie**		Sugar Free ***		CALORIES		Zero Calorie*		Low Calorie**		Sugar Free ***	
	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE
Barq's Root Beer	170	110	N	N	N	N	N	N	270	180	N	N	N	N	N	N
Barq's Root Beer	170	110	N	N	N	N	N	N	280	180	N	N	N	N	N	N
Caffeine Free Coca-Cola	150	100	N	N	N	N	N	N	240	160	N	N	N	N	N	N
Caffeine Free Diet Coke	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Caffeine Free Diet Coke with Orange	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Caffeine Free Diet Coke with Cherry	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Caffeine Free Diet Coke with Lime	0	0	Y	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
Caffeine Free Diet Coke with Raspberry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Caffeine Free Diet Coke with Lemon	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Caffeine Free Diet Coke with Vanilla	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Coca-Cola Classic	150	100	N	N	N	N	N	N	240	160	N	N	N	N	N	N
Coke with Orange	150	100	N	N	N	N	N	N	260	170	N	N	N	N	N	N
Coke with Cherry	160	100	N	N	N	N	N	N	260	170	N	N	N	N	N	N
Coke with Lime	160	100	N	N	N	N	N	N	260	170	N	N	N	N	N	N
Coke with Raspberry	160	100	N	N	N	N	N	N	260	170	N	N	N	N	N	N
Coke with Lemon	150	100	N	N	N	N	N	N	260	170	N	N	N	N	N	N
Coke with Vanilla	160	100	N	N	N	N	N	N	260	170	N	N	N	N	N	N
Cherry Vanilla Coca-Cola	160	100	N	N	N	N	N	N	260	170	N	N	N	N	N	N
Coke Zero	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Coke Zero Orange	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Coke Zero with Cherry	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Coke Zero Lime	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Coke Zero Raspberry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Coke Zero Lemon	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Coke Zero with Vanilla	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Dasani with Orange	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani with Cherry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani with Lime	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani with Raspberry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y

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Note: 1/3 cup ice = The Coca-Cola Company Standard

Note: Calorie values are rounded according to FDA regulations.

Freestyle Products	12 fl oz (355 mL)								20 fl oz (591 mL)							
	CALORIES		Zero Calorie*		Low Calorie**		Sugar Free ***		CALORIES		Zero Calorie*		Low Calorie**		Sugar Free ***	
	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE
Dasani with Lemon	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani with Strawberry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani with Grape	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani with Peach	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Dasani Sensations with Orange	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani Sensations with Cherry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani Sensations with Lime	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani Sensations with Raspberry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani Sensations with Lemon	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani Sensations with Strawberry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani Sensations with Grape	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Dasani Sensations with Peach	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Diet Barq's Root Beer	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Diet Barq's Root Beer with Vanilla	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Diet Coke	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Diet Coke With Orange	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Diet Coke With Cherry	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Diet Coke With Lime	0	0	Y	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
Diet Coke With Raspberry	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Diet Coke With Lemon	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Diet Coke With Vanilla	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Fanta Orange	160	110	N	N	N	N	N	N	270	180	N	N	N	N	N	N
Fanta Cherry	170	110	N	N	N	N	N	N	280	180	N	N	N	N	N	N
Fanta Lime	170	110	N	N	N	N	N	N	280	190	N	N	N	N	N	N
Fanta Raspberry	170	110	N	N	N	N	N	N	280	190	N	N	N	N	N	N
Fanta Fruit Punch	170	110	N	N	N	N	N	N	280	190	N	N	N	N	N	N
Fanta Strawberry	170	110	N	N	N	N	N	N	280	190	N	N	N	N	N	N
Fanta Grape	170	110	N	N	N	N	N	N	280	190	N	N	N	N	N	N
Fanta Peach	170	110	N	N	N	N	N	N	280	190	N	N	N	N	N	N

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Freestyle Products

12 fl oz (355 mL)

20 fl oz (591 mL)

	CALORIES		Zero Calorie*		Low Calorie**		Sugar Free ***		CALORIES		Zero Calorie*		Low Calorie**		Sugar Free ***	
	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE
Fanta Zero Orange	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
Fanta Zero Cherry	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Fanta Zero Lime	5	0	N	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
Fanta Zero Raspberry	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Fanta Zero Fruit Punch	5	0	N	Y	Y	Y	Y	Y	10	10	N	N	Y	Y	Y	Y
Fanta Zero Strawberry	5	0	N	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
Fanta Zero Grape	0	0	Y	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
Fanta Zero Peach	0	0	Y	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
Hi-C Orange	170	120	N	N	N	N	N	N	290	190	N	N	N	N	N	N
Hi-C Cherry	180	120	N	N	N	N	N	N	290	190	N	N	N	N	N	N
Hi-C Raspberry	180	120	N	N	N	N	N	N	290	200	N	N	N	N	N	N
Hi-C Lemon	170	120	N	N	N	N	N	N	290	190	N	N	N	N	N	N
Hi-C Fruit Punch	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N
Hi-C Strawberry	180	120	N	N	N	N	N	N	290	200	N	N	N	N	N	N
Hi-C Grape	180	120	N	N	N	N	N	N	290	200	N	N	N	N	N	N
Hi-C Raspberry Lime	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N
Hi-C Orange Vanilla	170	120	N	N	N	N	N	N	290	190	N	N	N	N	N	N
Master Pour Black Cherry	160	100	N	N	N	N	N	N	260	170	N	N	N	N	N	N
Minute Maid Lemonade	160	110	N	N	N	N	N	N	270	180	N	N	N	N	N	N
Minute Maid Fruit Punch Lemonade	160	110	N	N	N	N	N	N	270	180	N	N	N	N	N	N
Minute Maid Lemonade with Orange	160	110	N	N	N	N	N	N	270	180	N	N	N	N	N	N
Minute Maid Lemonade with Cherry	160	110	N	N	N	N	N	N	270	180	N	N	N	N	N	N
Minute Maid Lemonade with Raspberry	160	110	N	N	N	N	N	N	270	180	N	N	N	N	N	N
Minute Maid Lemonade with Strawberry	160	110	N	N	N	N	N	N	270	180	N	N	N	N	N	N
Minute Maid Light Lemonade	10	5	N	N	Y	Y	Y	Y	15	10	N	N	Y	Y	Y	Y
Minute Maid Light Lemonade with Orange	10	5	N	N	Y	Y	Y	Y	15	10	N	N	Y	Y	Y	Y
Minute Maid Light Lemonade with Cherry	10	5	N	N	Y	Y	Y	Y	15	10	N	N	Y	Y	Y	Y
Minute Maid Light Lemonade with Raspberry	10	5	N	N	Y	Y	Y	Y	15	10	N	N	Y	Y	Y	Y
Minute Maid Light Lemonade with Strawberry	10	10	N	N	Y	Y	Y	Y	20	15	N	N	Y	Y	Y	Y

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	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE
Pibb Xtra	150	100	N	N	N	N	N	N	240	160	N	N	N	N	N	N
Pibb Zero	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
POWERRade Orange	100	60	N	N	N	N	N	N	160	110	N	N	N	N	N	N
POWERRade Cherry	100	60	N	N	N	N	N	N	160	110	N	N	N	N	N	N
POWERRade Lime	100	60	N	N	N	N	N	N	160	110	N	N	N	N	N	N
POWERRade Raspberry	100	60	N	N	N	N	N	N	160	110	N	N	N	N	N	N
POWERRade Lemon	100	60	N	N	N	N	N	N	160	110	N	N	N	N	N	N
POWERRade Fruit Punch	100	70	N	N	N	N	N	N	160	110	N	N	N	N	N	N
POWERRade Strawberry	100	60	N	N	N	N	N	N	160	110	N	N	N	N	N	N
POWERRade Grape	100	60	N	N	N	N	N	N	160	110	N	N	N	N	N	N
POWERRade ION4 Orange	80	50	N	N	N	N	N	N	130	90	N	N	N	N	N	N
POWERRade ION4 Cherry	80	50	N	N	N	N	N	N	130	90	N	N	N	N	N	N
POWERRade ION4 Lime	80	50	N	N	N	N	N	N	130	90	N	N	N	N	N	N
POWERRade ION4 Raspberry	80	50	N	N	N	N	N	N	130	90	N	N	N	N	N	N
POWERRade ION4 Lemon	80	50	N	N	N	N	N	N	130	80	N	N	N	N	N	N
POWERRade ION4 Fruit Punch	80	50	N	N	N	N	N	N	130	90	N	N	N	N	N	N
POWERRade ION4 Strawberry	80	50	N	N	N	N	N	N	130	90	N	N	N	N	N	N
POWERRade ION4 Grape	80	50	N	N	N	N	N	N	130	90	N	N	N	N	N	N
POWERRade Zero Orange	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
POWERRade Zero Cherry	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
POWERRade Zero Lime	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
POWERRade Zero Raspberry	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
POWERRade Zero Lemon	0	0	Y	Y	Y	Y	Y	Y	0	0	Y	Y	Y	Y	Y	Y
POWERRade Zero Fruit Punch	5	0	N	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
POWERRade Zero Strawberry	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
POWERRade Zero Grape	0	0	Y	Y	Y	Y	Y	Y	5	0	Y	Y	Y	Y	Y	Y
Seagrams Lemon Lime Seltzer	0	0	Y	Y	Y	Y	Y	Y	5	0	N	Y	Y	Y	Y	Y
Sprite	150	100	N	N	N	N	N	N	240	160	N	N	N	N	N	N
Sprite with Orange	150	100	N	N	N	N	N	N	240	160	N	N	N	N	N	N

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	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE	NO ICE	1/3 cup ICE
Sprite with Cherry			N	N	N	N	N	N	250	170	N	N	N	N	N	N
Sprite with Lime	150	100	N	N	N	N	N	N	250	170	N	N	N	N	N	N
Sprite with Raspberry	150	100	N	N	N	N	N	N	250	170	N	N	N	N	N	N
Sprite with Strawberry	150	100	N	N	N	N	N	N	250	160	N	N	N	N	N	N
Sprite with Grape	150	100	N	N	N	N	N	N	250	160	N	N	N	N	N	N
Sprite with Peach	150	100	N	N	N	N	N	N	250	170	N	N	N	N	N	N
Sprite Zero	5	0	N	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
Sprite Zero with Orange	5	0	N	Y	Y	Y	Y	Y	10	5	N	N	Y	Y	Y	Y
Sprite Zero with Cherry	5	0	N	Y	Y	Y	Y	Y	10	10	N	N	Y	Y	Y	Y
Sprite Zero with Grape	5	0	N	Y	Y	Y	Y	Y	10	10	N	N	Y	Y	Y	Y
Sprite Zero with Peach	10	5	N	N	Y	Y	Y	Y	15	10	N	N	Y	Y	Y	Y
Sprite Zero with Raspberry	10	5	N	N	Y	Y	Y	Y	15	10	N	N	Y	Y	Y	Y
Sprite Zero with Strawberry	10	5	N	N	Y	Y	Y	Y	15	10	N	N	Y	Y	Y	Y
Sprite Zero with Vanilla	5	0	N	Y	Y	Y	Y	Y	10	10	N	N	Y	Y	Y	Y
Vault	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N
Vault Orange	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N
Vault Cherry	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N
Vault Raspberry	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N
Vault Strawberry	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N
Vault Grape	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N
Vault Peach	180	120	N	N	N	N	N	N	300	200	N	N	N	N	N	N

*Zero Calorie = <5 calories per reference amount and per labeled serving size

**Low Calorie = ≤40 calories per reference amount

***Sugar Free = <0.5g sugars per reference amount and per labeled serving size; and products contain no ingredient that is a sugar

Note: 1/3 cup ice = The Coca-Cola Company Standard

Note: Calorie values are rounded according to FDA regulations.