

Firehouse Subs Allergen/Sensitive Ingredient Information

Updated 4/18/11

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat and Gluten	Sulfites	Autolyzed Yeast/Hydrolyzed Protein	Monosodium Glutamate (MSG)	Nitrites/Nitrates
Subs (on white or wheat bread without mayo and cheese)													
Hook & Ladder									X				X
Meatball	X		X		X		X		X ¹		X		
NY Steamer									X				X
Italian									X				X
Engine Company									X				X
Engineer		X							X				X
Steak							X		X ¹		X		
Club On A Sub									X				X
Hero									X				X
Turkey									X				X
Ham									X				X
Pastrami									X				X
Corned Beef									X				X
Roast Beef									X				
Chicken Breast (Sliced)									X				
Veggie		X					X		X		X		
Chicken Salad	X								X ¹		X		
Tuna Salad	X	X							X				
Brisket									X				
Kid's Grilled Cheese			X						X				
Chili, Soups & Salads													
Chili											X		
Chicken Noodle Soup	X						X		X			X	
Broccoli Cheese Soup			X				X		X		X	X	
Chief's Salad w/ Ham	X												X
Chief's Salad w/ Turkey	X												X
Chiefs Salad w/ Tuna Salad	X	X											
Chief's Salad w/ Sliced Chicken	X												
Chief's Salad w/ Chicken Salad	X								X	X	X		
Desserts													
Chocolate Chip Cookie	X		X						X				
Macadamia Nut Cookie	X		X				X	X	X				
Oatmeal Raisin Cookie	X		X						X				
Brownie	X		X						X				
Oreo cookies			X						X				
Breads													
White (sub and sandwich)									X				
Wheat									X				
Meats/Proteins													
Ham													X
Turkey													X
Meatballs	X		X		X		X		X		X		
Pastrami													X
Chicken Breast (Sliced)													
Roast Beef													
Corned Beef													X
Steak											X		

Pepperoni													X
Salami													X
Bacon													X
Tuna Salad	X	X											
Brisket													
Chicken Salad	X								X		X		
Side Items													
Mushrooms		X											
Au jus onions and peppers							X		X		X		
Pickles													
Marinara sauce													
Chips, Assorted	See manufacturer's label*												
Dressings/Condiments/Toppings													
Mayo	X												
Honey Dijon Mustard	X												
Italian Dressing													
Thousand Island Dressing	See manufacturer's label*												
Balsamic Dressing	See manufacturer's label*												
Raspberry Vinaigrette	See manufacturer's label*												
Ranch Dressing	See manufacturer's label*												
Peppercorn Ranch Dressing	X		X						X			X	
Fat Free Ranch Dressing	See manufacturer's label*												
Mustard (brown and yellow)													
Sweet Baby Ray's BBQ Sauce													
Club Crackers									X				
Capt. Sorensen Sauce		X											
Fresh lettuce, tomato, onions													
Black olives													
Banana peppers													
Jalapeno peppers													
Cheese (all varieties)			X										

X¹: Contains wheat from a source besides bread

* Product is individually labeled by manufacturer