Firehouse Subs Menu with Prices & Calories 2026

Firehouse Subs · Updated November 2026 · shakeshoppemn.com

Hot Specialty Subs

Item	Price	Calories
Hook and Ladder Small	$6.49	360
Hook and Ladder Medium	$9.99	720
Hook and Ladder Large	$14.29	1140
Italian Small	$6.49	470
Italian Medium	$10.49	930
Italian Large	$14.49	1420
Firehouse Meatball Small	$6.49	460
Firehouse Meatball Medium	$9.99	830
Firehouse Meatball Large	$14.29	1310
Firehouse Steak and Cheese Small	$6.49	420
Firehouse Steak and Cheese Medium	$9.29	840
Firehouse Steak and Cheese Large	$13.49	1400
Engineer Small	$6.49	350
Engineer Medium	$10.49	700
Engineer Large	$14.49	1120
Club on a Sub Small	$6.49	380
Club on a Sub Medium	$10.49	760
Club on a Sub Large	$15.09	1350
Sweet and Spicy Meatball Small	$6.49	480
Sweet and Spicy Meatball Medium	$9.99	880
Sweet and Spicy Meatball Large	$14.29	1380
New York Steamer Small	$6.79	360
New York Steamer Medium	$10.49	730
New York Steamer Large	$15.09	1190
Turkey Bacon Ranch Small	$6.79	420
Turkey Bacon Ranch Medium	$10.49	830
Turkey Bacon Ranch Large	$14.49	1170
Spicy Cajun Chicken Small	$6.79	360
Spicy Cajun Chicken Medium	$10.49	710
Spicy Cajun Chicken Large	$15.09	1170
Firehouse Hero Small	$7.19	400
Firehouse Hero Medium	$10.99	790
Firehouse Hero Large	$15.59	1180

Item	Price	Calories
Smokehouse Beef and Cheddar Brisket Small	$7.29	450
Smokehouse Beef and Cheddar Brisket Medium	$11.29	890
Smokehouse Beef and Cheddar Brisket Large	$16.59	1500

Build Your Own Subs

Item	Price	Calories
Veggie Small	$5.99	730
Veggie Medium	$8.39	730
Veggie Large	$10.99	Typical 1100
Smoked Turkey and Provolone Small	$6.49	680
Smoked Turkey and Provolone Medium	$9.99	680
Smoked Turkey and Provolone Large	$13.59	Typical 1050
Virginia Honey Ham Small	$6.49	Typical 600
Virginia Honey Ham Medium	$9.99	Typical 1100
Virginia Honey Ham Large	$13.59	Typical 1500
Roast Beef Small	$6.69	Typical 700
Roast Beef Medium	$10.49	Typical 1200
Roast Beef Large	$13.99	Typical 1600
Pastrami Small	$6.69	Typical 700
Pastrami Medium	$10.49	Typical 1200
Pastrami Large	$13.99	Typical 1600
Corned Beef Small	$6.69	Typical 700
Corned Beef Medium	$10.49	Typical 1200
Corned Beef Large	$13.99	Typical 1600
Grilled Chicken Breast Small	$6.69	Typical 650
Grilled Chicken Breast Medium	$10.49	Typical 1100
Grilled Chicken Breast Large	$13.99	Typical 1500

Cold Subs

Item	Price	Calories
Cold Italian Small	$5.49	Typical 550
Cold Italian Medium	$9.49	Typical 950
Cold Italian Large	$13.49	Typical 1400
Tuna Salad Small	$6.49	Typical 600
Tuna Salad Medium	$8.99	Typical 900
Tuna Salad Large	$12.49	Typical 1300
BLT Snacker	$5.00	370
Cordon Bleu Snacker	$5.00	480
Sweet and Spicy Ham Snacker	$5.00	520
Turkey Jalapeno Snacker	$5.00	550

Chopped Salads

Item	Price	Calories
Firehouse Salad, plain	$8.39	130
Firehouse Salad with Turkey	$9.99	220
Hook and Ladder Salad	$9.99	250
Firehouse Salad with Ham	$9.99	290
Firehouse Salad with Grilled Chicken	$9.99	380
Italian with Grilled Chicken Salad	$9.99	410

Soups and Chili

Item	Price	Calories
Chicken and Dumpling Soup Cup	$3.99	120
Chicken and Dumpling Soup Bowl	$5.19	190
Firehouse Chili Cup	$3.99	180
Firehouse Chili Bowl	$5.19	300
Loaded Potato Soup Cup	$3.99	240
Loaded Potato Soup Bowl	$5.19	380

Sides

Item	Price	Calories
Chips	$1.99	130-260
Garlic Bread	$1.99	420
Cajun French Fries, medium	$2.99	550
French Fries, small	$3.99	420
Mac and Cheese	$4.49	380
French Fries, medium	$4.99	500
Side Salad	$4.99	60
French Fries, large	$5.49	590

Kids Combos

Item	Price	Calories
Kids Hot Turkey Combo	$6.99	220
Kids Hot Ham Combo	$6.99	260
Kids Hot Meatball Combo	$6.99	360
Kids Grilled Cheese Combo	$6.99	465

Desserts

Item	Price	Calories
Celebration Sugar Cookie	$1.49	320
Double Chocolate Cookie	$1.69	240
Oatmeal Raisin Cookie	$1.69	290
Chocolate Chip Cookie	$1.69	310
Brownie	$1.99	430
Dessert Bundle 3-piece	$4.99	870
Dessert Bundle 6-piece	$9.99	1740
Dessert Bundle 12-piece	$14.99	3480

Drinks

Item	Price	Calories
Canned Soda	$1.99	0-140
Powerade	$2.29	130
Bottled Water	$2.39	0
Cherry Lime-Aid	$2.59	330
Bottled Soda	$2.59	0-290
Fountain Drink	$2.79	0-600
Strawberry Guava Lemonade	$2.79	280
Classic Lemonade	$2.89	350

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.