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Firehouse subs nutrition

Loading, please wait... We're updating nutrition information in real-time as you build! Our goal is to provide the most accurate data. Currently, this restaurant hasn't shared its nutritional info with us yet. Please select an item from Step 1 to get started.In other news, we've got some important background info on CEOs (Chief Executive Officers). A CEO is the top-ranking corporate officer responsible for managing an organization, typically a company or nonprofit. They oversee various organizations, including public and private corporations, nonprofits, and even government agencies. The CEO reports to the board of directors and is in charge of maximizing the business's value, which may involve increasing profitability, market share, revenue, or other financial metrics.In the nonprofit and government sectors, CEOs focus on achieving outcomes related to their organization's mission, usually defined by legislation. They're also often the main manager of the organization and the highest-ranking officer in the C-suite.The term "chief executive officer" has been around since 1782, when an ordinance from the Congress of the Confederation used it to refer to governors and other leaders. The abbreviation "CEO" originated in Australia in 1914, with the first American usage recorded in 1972.As for the CEO's responsibilities, they're set by their organization's board of directors or other authority. These can be broad or limited, and are typically outlined in a formal delegation of authority regarding business administration. Typical responsibilities include being an active decision-maker on business strategy, leader, manager, executor, communicator, and decision-maker.As the executive officer of the company, the CEO is accountable for implementing the goals, targets, and strategic objectives set by the board of directors. They report the status of the business to the board, motivate employees, drive change within the organization, and oversee day-to-day operations.The role of a Chief Executive Officer (CEO) encompasses making strategic decisions across various departments, including operations, marketing, business development, finance, and human resources. In the context of political parties, the CEO often handles fundraising responsibilities, particularly for election campaigns. The use of the CEO title is prevalent in both for-profit and non-profit organizations, such as the Wikimedia Foundation. Some countries operate under a dual board system, where two separate boards exist: an executive board responsible for daily operations and a supervisory board focused on control purposes. In these cases, the CEO heads the executive board, while the chairperson oversees the supervisory board, ensuring distinct lines of authority and preventing conflicts of interest.In the United States, the board of directors is often equivalent to the supervisory board, with the executive committee comprising division or subsidiary heads and C-level officers reporting directly to the CEO. The term "executive officer" typically refers to the top officials in a corporation, with the CEO being the most prominent. Definitions may vary; for instance, California's Corporate Disclosure Act defines "executive officers" as the five highest-paid officers not serving on the board of directors.In single proprietorships, partnerships, or limited liability companies, executive officers are responsible for managing daily operations and making key decisions. A CEO may have several subordinate executives to help run the company, each with specific responsibilities referred to as senior executives or corporate officers. These subordinates often report directly to the CEO and may include vice presidents, chief operating officers, chief financial officers, and other chief-level officials.The role of a modern-day CEO is multifaceted, encompassing both external and internal aspects of an organization's culture. In business settings, the term "chief executive officer" (CEO) is predominantly used, while in the non-profit sector, "executive director" holds greater significance. These roles are distinct, with different legal duties and responsibilities. The CEO serves as the top executive, responsible for corporate decisions, managing operations, and facilitating communication between the board of directors and the company.In certain contexts, such as local government in the UK, both "chief executive" and "chief executive officer" are employed, with their position described as the "head of paid service." The use of the term "director" for senior charity staff has been deprecated to avoid confusion with non-executive roles. Conversely, "managing director" is sometimes used interchangeably with "CEO."The concept of the "celebrity CEO" has gained traction in business circles, where journalists often focus on highlighting exceptional leaders who drive corporate achievements through their strategic actions. This phenomenon mirrors the celebrity culture seen in entertainment, sports, and politics.However, research suggests that overemphasizing individual CEOs can overlook broader corporate factors, including the intricately organized technical bureaucracy that underpins a company's success. Excessive self-confidence among CEOs can also lead to poor decision-making. For instance, studies have found that firms with award-winning CEOs often underperform in terms of stock and operating performance.The pay gap between CEOs and the average worker has widened significantly over time, with some countries seeing ratios as high as 376-to-1 by 2000. However, in smaller nations, the disparity is still relatively low at around 20-to-1. The reasons behind this trend are disputed, with some attributing it to a lack of control by compensation committees while others point to competition for top talent.In recent years, investors have become increasingly vocal about wanting more say over executive pay, which has led to calls for greater transparency and accountability. One area of concern is the lack of diversity amongst CEOs, with women making up only a small percentage of Fortune 500 executives. This issue is further complicated by the various explanations put forward to justify the disparity in representation, including biological differences and societal factors.Some countries have implemented laws requiring boardroom gender quotas, while others have launched initiatives to promote greater diversity in leadership roles. The Rockefeller Foundation has also provided funding for research into strategies to increase the number of female CEOs. Meanwhile, there are concerns about the prevalence of psychopathic tendencies amongst top executives, with some arguing that these individuals thrive in chaotic environments and may intentionally create unrest in the workplace.Chief Executive OfficerAccording to a study released in June 2023 by Fortune, women hold only 10.4% of the CEO positions among Fortune 500 companies. This is despite the fact that nearly a quarter of female CEOs have taken on their roles within the last year.In an interview with 57 female CEOs, Harvard Business Review discovered that more women can reach top executive positions if they prioritize networking and building relationships early in their careers. A study published by the Journal of Financial Economics found that male executives tend to exhibit higher levels of overconfidence compared to female executives when making financial decisions for their companies.Research conducted by Andrei Shleifer and Robert Vishny, as well as another study by Richard F. Vancil, suggests that effective CEO succession planning is crucial for a company's long-term success.Firehouse Subs, a US-based fast-casual restaurant chain with over 1,200 locations, was founded in 1994 by Robin Sorensen and Chris Sorensen.Firehouse Subs is an American fast-casual restaurant chain that specializes in submarine sandwiches. Founded by brothers Chris and Robin Sorensen, who are former firefighters, the company has over 1300 locations across 46 states, Canada, Mexico, Albania, Switzerland, Middle East, Puerto Rico, and soon the UK and Australia by 2025, and Brazil in 2026. The chain is a subsidiary of Restaurant Brands International, which also owns Burger King, Popeyes, and Tim Hortons. Firehouse Subs has annual sales of over \$1 billion and employs around 2,000 people worldwide.The Firehouse Subs acquisition by Restaurant Brands International was announced in February 2021 and finalized on December 15 of the same year for a sum of \$1 billion. Firehouse Subs marked its first international location outside North America with the opening of a restaurant in Zurich, Switzerland on June 22, 2023. The chain's decor is inspired by fire stations, featuring firefighter equipment and memorabilia, along with custom murals unique to each location. The menu offers specialty subs named after firefighting terms such as 'Hook & Ladder' and 'Firehouse Hero', served 'Fully Involved' with vegetables and condiments on toasted sub rolls. Chris and Robin Sorensen, the founders, continue to oversee the menu in collaboration with their director of product development, Jay Miller. Firehouse Subs is set to expand into Australia and has already established a presence in Europe and Mexico.Firehouse Subs Menu Features a Variety of Sandwiches with Controllable Portion SizesFirehouse Subs Menu Offers Fresh Options with Different Size ChoicesA typical Firehouse sub contains around 700 calories and comes with a dill pickle on the side The restaurant chain offers small sandwich options as part of its Under 500 Calories MenuFirehouse Subs menu offers a variety of options for patrons, including subs made with chicken, ham, turkey, or tuna. Salads like Firehouse Chili and Chief's salad are also available, allowing customers to customize their meals. For dessert, cookies such as oatmeal-raisin, chocolate chip, and lemon cooler can be ordered.Individuals with special dietary needs may request nutrition charts prior to ordering on-site or view the information online. Gluten-intolerant customers should note that salads are often the only suitable option due to the bread-based ingredients used in Firehouse Subs' sandwiches.For those interested in tracking their calorie intake, here is a list of nutritional information for various menu items:- Chicken Medium Wheat: 680 calories- Italian Large White: 1400 calories**Menu Options***Roast beef options: * Medium wheat * Medium white (with and without mayo & cheese) * Large wheat * Large white (with and without mayo & cheese)* Smokehouse beef brisket options: * Medium wheat * Medium white (with and without mayo & cheese) * Large wheat * Large white (with and without mayo & cheese)* Steak options: * Medium wheat * Medium white (with and without mayo & cheese) * Large wheat * Large white* Steamer options: * Medium wheat * Medium white (with and without mayo & cheese) * Large wheat * Large white* Sweet/Spicy Meatball options: * Medium wheat * Medium white * Large wheat * Large white* Tuna options: * Medium wheat * Medium white (with and without mayo & cheese) * Large wheat * Large white* Turkey Bacon Ranch options: * Medium wheat * Medium white (with and without mayo & cheese) * Large wheat * Large white* Veggie options: * Medium wheat * Medium white (with and without mayo & cheese) * Large wheat * Large white**Double Meat Subs*** Double meat beef brisket med white: 117 calories, 46g protein, 64g total carbs, 4400mg sodium, 3.2g sugars, Weight Watchers points: 12* Double meat chicken med white: 81 calories, 58g protein, 72g total carbs, 2600mg sodium, 7.1g sugars, Weight Watchers points: 10* Double meat chick salad med white: 107 calories, 51g protein, 65g total carbs, 2300mg sodium, 11.8g sugars, Weight Watchers points: 12**Catering*** Boxed lunch-half a medium chicken: 260 calories, 19g protein, 88g total carbs, 1000mg sodium, 5.7g sugars* Boxed lunch-half a medium corned beef: 280 calories, 17g protein, 71g total carbs, 4800mg sodium, 2.8g sugars* Boxed lunch-half a medium ham: 280 calories, 19g protein, 87g total carbs, 1000mg sodium, 5.7g sugarsLunch options include half-a-large varieties of Ham, Pastrami, Roast Beef, and Turkey, as well as medium-sized Chicken, Corned Beef, Ham, Pastrami, Roast Beef, and Turkey. The Catering Salad Dlx Platter features a selection of meats including Chicken, Chic Sal, Ham, Tuna, and Turkey, while the Catering Salad Platter is a smaller option featuring 35 total ingredients. Other options include Catering Sub Deluxe and Sub Platters, as well as salads and sandwiches for kids.Dessert choices consist of Oatmeal Raisin Cookies, Chocolate Chip Cookies, Lemon Cooler Cookies, and Brownies. Soups available include Chili, Chicken Noodle Soup, and Broccoli Cheese Soup. Fountain drink options include Unsweet Tea, Cherry Lime-Aid Light and Regular, Dr. Pepper, Powerade Mountain Berry Blast, Cherry Coke, and Sweet Tea.

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