

## for catering, contact

**781-WE-CATER (781-932-2837)** in the greater Boston area to place your catering order.



UFood Grill utilizes Healthy Dining (a trusted third party) to calculate nutritional analysis. As such, we are approved by HealthyDiningFinder.com (dietitian approved). Healthy Dining has been endorsed by the National Restaurant Association. Nutrition analysis is based on recipes submitted by UFood Grill and nutritional values are based on the United States Department of Agriculture (USDA) nutrition information database.

### Online Ordering available right from your computer!

Order online from our Downtown Crossing location only. Go to [www.ufoodgrill.com](http://www.ufoodgrill.com) to place your order.

Before placing your order, please inform your server if you or a person in your party has a food allergy.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs containing harmful bacteria may increase your risk of food borne illness.



Follow us on Facebook and Twitter.

Visit us at [www.ufoodgrill.com](http://www.ufoodgrill.com).

UFood Group is a publicly traded company (OTCBB: UFFC)



### We've created a great-tasting catering menu using these guidelines:

- We bake, grill & steam – we never fry
- All-natural and organic ingredients whenever possible
- All-natural, multigrain breads
- Lite dressings
- Lower fat cheeses
- Vegetarian items that are tasty enough for meat eaters too
- Special dietary needs happily accommodated
- Trans fat free menu



# catering menu

# let us cater to you

UFood Grill is ready to make your next event special. With this guide, and a quick call to your catering coordinator, you'll have everything you need for a perfect gathering.

We've carefully created a menu of delicious, healthy food (from sandwiches to salads to all-natural desserts) that will please everyone at your event. Your order will be attractively presented with everything you need to serve and eat. All you need to do is enjoy the food!

## Ordering Directions

Step 1 – Determine how many are in your party

Step 2 – Choose your favorites from our **better breakfast\***, **office lunch** and **lifestyle salads** menus

Step 3 – Call your UFood Catering Coordinator (781-WE-CATER) to place your order. They can help you select a menu, determine the right quantities, and help with special requests.

Delivery is available on all orders for parties of 8 or more (delivery charges may apply).



# better breakfast\*

**Continental**.....\$2.99/person  
assorted bagels (plain, blueberry, whole-wheat) and muffins. served with lite cream cheese.

**Individual Fresh Fruit Bowls**.....\$3.99/person

**Whole Fresh Fruit**.....\$0.99/person  
oranges, bananas and apples.

**Yogurt Parfait**.....\$3.99/person  
choice of domestic or greek yogurt, with whole-grain granola and fresh strawberries or blueberries.

**Breakfast Sandwiches**.....\$3.99/person  
cage-free egg whites and lite cheddar cheese.  
choice of ciabatta bread or english muffin.  
choice of turkey bacon or turkey sausage.

**Breakfast Burritos**.....\$3.99/person

**Egg White & Cheese Burrito**  
cage-free egg whites, lite cheddar cheese and salsa on a flour tortilla.

**Club Burrito**  
cage-free egg whites, lite cheddar cheese, turkey bacon, chipotle mayo, lettuce and tomatoes on a flour tortilla.

**Huevos Rancheros Burrito**  
cage-free egg whites, lite cheddar cheese, three-bean chili, turkey sausage and salsa on a flour tortilla.

**Box of Freshly Brewed Coffee (10 cups)**.....\$14.99

\*breakfast not available in all Massachusetts locations



# the office lunch

\$9.99

Freshly prepared lunches, featuring our sandwiches and wraps, chips and a cookie.

**Buffalo Blue Chicken Wrap**  
all white meat chicken, lettuce, tomatoes, our lite bleu cheese buffalo sauce on a whole-wheat wrap.

**Roast Beef Sandwich**  
lean roast beef, lemon dijon horseradish sauce, lettuce and tomatoes on whole-grain naan flatbread.

**Turkey & Swiss Sandwich**  
turkey, lite swiss cheese, cranberry chutney, lite mayo, lettuce and tomatoes on whole-grain naan flatbread.

**Chicken Salad Sandwich**  
all white meat chicken, dried cranberries, walnuts and lite mayo on whole-grain naan flatbread.

**The Club**  
turkey, turkey bacon, chipotle mayo, lite swiss cheese, lettuce and tomatoes on whole-grain naan flatbread.

**Tuna Sandwich**  
all white tuna, lite mayo, yellow mustard, lettuce and tomatoes on whole-grain naan flatbread.

**Spicy Falafel Flatbread**  
falafel, spicy tomato and tamarind chutney, cucumbers, yogurt & fresh cilantro on whole-grain naan flatbread.

# lifestyle salads

\$6.99

Our salads feature fresh produce, cut fresh daily, and lite dressings and cheeses.

**Add grilled chicken to any salad**.....\$1.00

**Caesar Salad**  
mixed lettuce, parmesan cheese, tomatoes, whole-grain croutons and our lite caesar dressing.

**Mediterranean Salad**  
romaine mix, grape tomatoes, feta cheese, cucumbers, red onions, black olives, pepperoncini and our greek vinaigrette.

**UFood Bistro Salad**  
organic mixed greens, tomatoes, feta cheese, walnuts, dried cranberries and our blueberry-pomegranate vinaigrette.

# extras

**Seasonal Soups**.....\$3.99/person

**Cookies (oatmeal raisin & chocolate chip)**.....\$1.49/cookie

**Drinks**.....\$1.99/person

orange juice, apple juice, Vitamin Water, Pepsi-Cola Bottled Beverages and bottled water.