

UFood Grill dietary guide

vegetarian

Veggie Burger
Spicy Falafel Sandwich
Margherita Panini
Veggie Panini
Three-Bean Chili
Bistro Salad
Mediterranean Salad
Chopstick Chicken UBowl
(sub. tofu for chicken)
UnFries
Steamed Broccoli
Brown Rice
Sweet Potato Mash
Seasoned Black Beans
Side Salad
Baked Grilled Cheese

vegan

Veggie Burger (bunless)
Bistro Salad (no cheese)
Whole Grain Brown Rice
Steamed Broccoli
Seasoned Black Beans
Three-Bean Chili

reduced sodium

Fire-Grilled Grass-Fed Sirloin Tip
Entree (order without sauce)
Fire-Grilled White Chicken Breast
Entree (order without sauce)
UnFries
Steamed Broccoli
Brown Rice
Sweet Potato Mash
Seasoned Black Beans
Side Salad
Bistro Salad
Crispy Chicken Chopped Cobb Salad
Mediterranean Salad

low carb

Classic Hamburger (bunless)
Bacon Cheeseburger (bunless)
Chipotle Turkey Burger (bunless)
Free-Range Bison Burger (bunless)
Veggie Burger (bunless)
Buffalo Bleu Chicken Wrap (no tortilla)
Fire-Grilled Grass-Fed Sirloin Tip Entree
Fire-Grilled White Chicken Breast Entree
Steamed Broccoli
Side Salad
Bistro Salad
Crispy Chicken Chopped Cobb Salad
Mediterranean Salad

extremely lean

Chopstick Chicken (order without sauce)
Fire-Grilled Grass-Fed Sirloin Tip Entree
(order without sauce)
Fire-Grilled White Chicken Breast Entree
(order without sauce)

gluten free

Classic Hamburger (bunless)
Bacon Cheeseburger (bunless)
Chipotle Turkey Burger (bunless)
Free-Range Bison Burger (bunless)
Buffalo Bleu Chicken Wrap (no tortilla)
Steamed Broccoli
Brown Rice
Sweet Potato Mash
Seasoned Black Beans
Side Salad
Bistro Salad
Crispy Chicken Chopped Cobb Salad
(order with "grilled" chicken)
Mediterranean Salad
Three-Bean Chili



UFood Grill is where nutritious meets delicious. We offer healthy comfort food because we know you're looking for great tasting, better-for-you choices – and that's what you'll find at UFood Grill.

Our food is familiar – great stuff you know and love, but cooked in healthier ways. We steam, broil and bake – but we never, ever fry. We use natural and organic ingredients whenever possible as well as whole grain, light cheeses and dressings. Our produce is fresh, our steak tips grass-fed and our burgers are 100% USDA lean.

Please enjoy our great tasting, unguilty food. fast.



Healthy Dining's computerized nutrition analysis of these menu items is based on recipes submitted by UFood Grill and nutritional values are based on the United States Department of Agriculture (USDA) nutrition information database. If values for a particular ingredient are not available from the USDA database or the manufacturer, Healthy Dining utilizes nutrition data from ingredients that closely match a similar products nutrition profile. Data listed represents approximations only and falls within the United States Food and Drug Administrations' allowable variance. All values are rounded according to FDA guidelines.

USDA guidelines

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



nutrition guide



UFood Grill nutrition facts

fired-up burgers™

	calories	protein (g)	carbs (g)	sodium (mg)	good fat (g)	sat. fat (g)	fiber (g)	sugar (g)
Classic Burger	531	34	58	1105	12	8	4	17
Cheeseburger	567	37	60	1302	13	9	4	18
Better Bacon Cheeseburger	640	44	60	1715	16	12	4	18
Chipotle Turkey Burger	491	43	49	1181	11	4	4	10
Veggie Burger	360	29	63	1400	2	.5	9	16
Bison Burger	370	35	55	1070	2	1.5	4	16

signature sandwiches

Chipotle Chicken	590	34	45	1420	20	6	9	5
Turkey & Swiss	570	33	56	980	15	4	9	13
Baked Cod	480	21	70	860	12	3	4	9
Roast Beef	490	24	46	1680	15	4	9	6
Spicy Falafel	510	14	65	1280	15	3	11	15

paninis

Margherita with chicken	447 585	18 41	63 56	942 1075	8 15	5 6	3 3	10 11
Chicken Pesto	609	41	60	1112	17	6	3	8
Veggie	470	13	58	640	16	4	5	3

wraps

Buffalo Bleu Chicken	650	37	62	1810	20	5	3	8
Tuna Fish	470	23	56	1360	15.5	3.5	4	5
Chicken Meatball	770	48	68	2070	21	11	4	9

chili & soup

Hearty Three-Bean-Chili	cup	230	13	35	1010	2	1.5	7	3
	bowl	330	17	53	1470	3	1.5	11	5
with chicken	cup	300	26	36	1140	3	2	7	3
	bowl	400	30	53	1600	4	2	11	5
with tofu	cup	280	18	37	1010	5	1	8	3
	bowl	400	25	55	1470	8	1	12	5
Chicken Noodle Soup	cup	100	10	10	770	1.5	.5	1	2
	bowl	150	15	15	1155	2	1	2	3

UFood Grill nutrition facts

specialty salads (nutrition includes dressing)

UFood Bistro Salad with chicken	432	8	27	490	27	8	4	19
	600	32	27	590	33	9	4	9
Crispy Chicken Chopped Cobb	310	22	33	1440	8	4	5	8
Mediterranean Salad with chicken	280	7	16	1360	13	7	3	7
	420	28	16	1450	18	8	3	7

UBowls™

Chopstick Chicken substitute tofu for chicken	600	36	92	1210	8.5	2.5	10	35
	553	22	95	1105	10	.5	12	35
Chicken Curry Masala	480	29	63	690	9	4	6	10
Chicken Tinga	440	25	62	1050	6	3	4	7

grilled entrees (nutrition doesn't include sides)

Thai Chili Chicken	310	43	6	390	8	3	0	6
BBQ Grilled Chicken	350	50	5	450	9	4	0	4
Balsamic Chicken	320	43	2	290	10	4	0	2
Fire Grilled Sirloin Tips	410	48	20	1220	10	5	0	18

fresh sides

UnFries™	230	3	33	600	7	2	3	0
Whole-Grain Brown Rice	160	4	33	5	1.5	0	3	0
Steamed Broccoli	30	3	5	25	0	0	3	2
Sweet Potato Mash	160	3	33	105	2	.5	2	18
Seasoned Black Beans	60	3	9	170	.5	0	3	1
Side Salad (without dressing)	29	1	6	26	0	0	4	4

snack wraps

BBQ Ranch Baked Chicken	230	10	31	610	6	1	3	2
BBQ Ranch Grilled Chicken	230	15	25	430	5	2	2	2
Chipotle Baked Chicken	270	10	30	590	10	2	3	2
Chipotle Grilled Chicken	260	15	24	400	9	2	2	2
Thai Chili Baked Chicken	230	11	32	600	6	1	3	4
Thai Chili Grilled Chicken	230	15	26	420	4	2	2	4

UFood Grill nutrition facts

for UKids (nutrition does not include UnFries or drink)

Baked Grilled Cheese	411	16	45	1195	10	2	8	6
Baked Chicken Fingers	231	19	18	682	8	2	1	0

better breakfast

Irish-Cut Oatmeal	120	2	26	10	1	0	2	14
Egg White & Cheese Sandwich with Turkey Sausage with Turkey Bacon	250	19	28	740	3	4	5	3
	320	27	29	920	6	5	5	4
Egg White & Cheese Panini with Turkey Sausage with Turkey Bacon	380	22	51	590	4	4	2	2
	450	30	52	770	7	5	2	3
Breakfast Burrito with Turkey Sausage with Turkey Bacon	430	26	51	840	7	5	2	2
	380	19	48	1190	5	3	2	4
Club Burrito	450	27	49	1370	8	4	2	5
	430	23	48	1440	8	4	2	4
Huevos Rancheros Burrito	500	24	49	1460	14	6	3	4
	460	25	57	1520	7	4	4	5

desserts

Original Tart UBerry	4 oz	90	3	20	60	0	0	0	13
Original Tart UBerry	8 oz	180	6	40	120	0	0	0	26

smoothies™

Pineapple Frapple	290	5	69	65	0	0	3	54
Passionate Peach	230	5	55	60	0	0	3	47
Chocolate Peanut Butter Buzz	490	24	58	480	15	4	3	43
Go Man-Go	260	5	62	90	.5	0	4	50
Berrylicious	260	5	61	95	.5	0	6	50
Açai Superberry	320	6	72	90	2	0	6	58
Strawbanilla	290	5	68	95	.5	0	4	53
Coffeelicious (original)	300	1	58	420	3	5	1	49
Green Tea	370	5	61	410	5	7	3	48