

smuuthies™

Made with fat-free yogurt and real whole fruit and berries. Add an enhancer for an extra boost. Smuuthies can be made non-dairy on request.

Pineapple Frapple (290) pineapple, bananas, pineapple juice, vanilla yogurt.

Passionate Peach (230) peaches, strawberries, passionfruit juice, vanilla yogurt.

Chocolate Peanut Butter Buzz (490) mocha, peanut butter, skim milk, vanilla bean, vanilla yogurt.

Go Man-Go (260) mangos, bananas, strawberries, vanilla yogurt, apple juice.

Green Tea (370)

Berrylicious (260) blueberries, strawberries, raspberries, vanilla yogurt, apple juice.

Açaí Superberry (320) açai sorbet, strawberries, raspberries, vanilla yogurt, apple juice.

Strawbanilla (290) strawberries, bananas, apple juice, vanilla yogurt.

Coffeelicious (300) original coffee, caramel or mocha. topped with lite whipped cream.



enhancers

- Antioxidant
- Performance
- Muscle Recovery
- Intelligence
- Immune
- Bee Pollen
- Energy
- Protein
- Super Protein

uberry™

Loaded with probiotic cultures and a great source of calcium, protein and B vitamins. 4 oz and 8 oz sizes.

Fat-free Vanilla • Wildberry Tart

Fat-free Chocolate & Original Tart where available

Original Tart has only 90 cal per 4 oz.

blasts™, sundaes & parfaits

Made with fat-free yogurt and fat-free sauces. Nutritional info available on request.

UBerry Blast Your choice of UBerry yogurt flavors, blended with your choice of mix-ins. Choose from fresh fruits, cookies, candies and more.

Chocolate Peanut Parfait Your choice of UBerry yogurt flavors, topped with our fat-free Hot Fudge sauce and spanish peanuts.

UBerry Sundae Your choice of UBerry yogurt flavors, topped with one of our fat-free sauces. Choose from Hot Fudge, Hot Caramel or Strawberry.



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.



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.

Follow Us!

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The entire UFood Grill menu is free of trans fat with the exception of small amounts that naturally occur in dairy and meat products. Prices do not include tax. Selection may vary by location. UFood Restaurant Group is a publicly traded company. (OTCBB: UFFC)



take-out menu



UFood Grill is working to turn the tide on the childhood obesity crisis by supporting Healthcorps. Healthcorps is a progressive high school health movement founded by heart surgeon and talk show host Dr. Mehmet Oz. Healthcorps activates high school students and families in America to become health agents of change.

UFood Grill is supporting Healthcorps by donating 10% of it's sales of designated menu items and as well as collecting in-store customer contributions for Healthcorp on their behalf. For more information about healthcorps visit healthcorps.org.



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.

fired-up burgers

All burgers available in **100% USDA Choice ground lean beef, turkey, veggie, and all-natural, free-range bison**. Served on a multigrain bun, unless you prefer it bun-less. All burgers come with lettuce, tomato, pickles and ketchup.

Add
lite cheese
to any
burger



Classic Burger* (531)

100% usda choice ground lean beef.

Cheeseburger* (567)

100% usda choice ground lean beef, lite american.

Add **turkey bacon** (640)

Chipotle Turkey Burger (491)

turkey burger, lite jalapeno jack, spicy chipotle mayo.

Bison Burger* (370)

all-natural, free-range bison.

🌱 **Veggie Burger** (360)
vegan, high protein.

UBowls™

Served over 100% natural whole-grain brown rice.

Chopstick Chicken (600)

🌱 **Substitute tofu for chicken** (553)
chicken, steamed broccoli, carrots, teriyaki thai chili sauce.

Chicken Tinga (440)

slow-cooked chicken in adobo sauce with tinga salsa.

Chicken Curry Masala (480)

chicken, curry masala sauce, cucumber garnish, cilantro, yogurt & tamarind sauce.



soup & chili

🌱 **Hearty Three-Bean Chili** (cup 230, bowl 330)

With **chicken** (300, 400), **steak** (360, 460), or **tofu** (280, 400)

Chicken Noodle Soup (cup 100, bowl 150)

kids choices

UnFries™ & fountain drink or milk included (calories for entree only).

Baked Chicken Fingers (231)

🌱 **Baked Grilled Cheese** (411)

wraps

Choose from plain, whole-wheat, tomato basil or spinach wrap.

Buffalo Bleu Chicken Wrap (650)

chicken, lettuce, tomatoes, lite bleu cheese buffalo sauce.

Tuna Fish Wrap (470)

all white tuna, lite mayo, mustard, lettuce, tomatoes.

Chicken Meatball Wrap (770)

all-natural tomato & basil chicken meatballs, marinara sauce, skim mozzarella.

Chicken Snack Wrap

baked or grilled chicken, lettuce, tomatoes. thai chili (230), bbq ranch (230) or chipotle (270).



signature sandwiches & grilled paninis

Chipotle Chicken Sandwich (590)

chicken breast, lite jalapeno jack, chipotle mayo, lettuce, tomatoes, pickles, whole-grain naan flatbread.

Baked Cod Sandwich (480)

baked cod filet, lemon dijon horseradish sauce, lettuce, tomatoes, multigrain bun.

Turkey & Swiss Flatbread Sandwich (570)

sliced turkey, lite swiss, cranberry chutney, organic mixed greens, tomatoes, lite mayo, whole-grain naan flatbread.

Roast Beef Sandwich (490)

all-natural roast beef, lemon dijon horseradish, lettuce, tomatoes, pickles, whole-grain naan flatbread.

Spicy Falafel Flatbread (510)

falafel, spicy tomato and tamarind chutney, cucumbers, yogurt, fresh cilantro, whole-grain naan flatbread.

Margherita Panini (447)

With **chicken** (585)

tomatoes, skim mozzarella, fresh basil, sun-dried tomato pesto, ciabatta.

Chicken Pesto Panini (609)

chicken breast, pesto, tomatoes, skim mozzarella, ciabatta.

Veggie Panini (470)

roasted red peppers, portabellas, artichokes, basil pesto, feta cheese, fresh basil, ciabatta.



fire-grilled entrees

Includes your choice of any two fresh sides (calories do not include sides).

Sirloin Tips* (410)

grass-fed cattle.

Grilled Chicken

all-natural white breast meat.

your choice of sauce:

bbq (350), thai chili (310), balsamic viniagrette (320).



We use
natural,
hormone-free
and antibiotic-
free meats
and poultry.

fresh sides

🌱 **UnFries** (baked) (230)

🌱 **Whole-Grain Brown Rice** (160)

🌱 **Steamed Broccoli** (30)

🌱 **Seasoned Black Beans** (60)

🌱 **Sweet Potato Mash** (160)

🌱 **Side Salad** (29 w/out dressing)

specialty salads

Salads come with Chef's recommended dressing. Ask us if you'd like another choice. All dressings are served on the side. (calories include dressing)

🌱 **Mediterranean Salad** (280)

With **grilled chicken** (420)

mixed lettuce, tomatoes, feta, cucumbers, red onions, black olives, pepperoncini, greek vinaigrette.

Crispy Chicken Chopped Cobb (310)

mixed lettuce, breaded baked chicken, turkey bacon, tomatoes, cucumbers, lite cheddar, fat-free ranch.

🌱 **Bistro Salad** (432)

With **grilled chicken** (600)

organic mixed greens, tomatoes, feta, walnuts, dried cranberries, blueberry-pomegranate vinaigrette.

better breakfast cage-free egg whites. whole eggs available on request.

🌱 **Breakfast Panini** (380)

With **turkey bacon** (430)

With **turkey sausage** (450)

egg whites, lite cheddar, grilled ciabatta.

Club Burrito (500)

egg whites, lite cheddar, turkey bacon, lettuce, tomato, chipotle mayo, flour tortilla.

🌱 **Breakfast Sandwich** (250)

With **turkey bacon** (300)

With **turkey sausage** (320)

egg whites, lite cheddar, toasted whole-wheat english muffin.

Huevos Rancheros Burrito (460)

egg whites, lite cheddar, three-bean chili, turkey sausage, salsa, flour tortilla.

🌱 **Breakfast Burrito** (380)

With **turkey bacon** (430)

With **turkey sausage** (450)

egg whites, lite cheddar, salsa, whole-wheat tortilla.

🌱 **Oatmeal** (120)

irish-cut oatmeal, cranberries, apples, cinnamon.

🌱 **Fruit & Yogurt Parfait** (255)

choose from greek or regular yogurt. fresh strawberries or blueberries, crunchy granola.

🌱 is for vegetarian. • Menu subject to change without notice. • Calories in () after item. Not all items are available at all locations. • Before placing your order, please inform your server if you or a person in your party has a food allergy.

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