

# UFood Grill<sup>sm</sup>

## Nutrition Facts

*Feel good  
about the  
food going  
into your  
body!*

## Appetizers

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
Tomato Bruschetta	547	19	57	5	17	9
Portabella Bites	498	21	63	5	14	6

## Wraps

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
Caesar's Romaine (with chicken)	508 591	15 33	67 67	5 5	15 16	4 4
Portable Portabella	541	21	64	5	18	6
Buffalo Bleu Chicken	594	28	58	3	24	4
Chicken Yaki-Maki	730	31	128	8	8	1
BBQ Sirloin Tips	830	54	103	6	17	4

## Sandwiches

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
Chipotle Chicken	561	34	59	3	11	10
Roasted Portabella	488	24	66	6	9	5
Fire-Roasted Turkey & Swiss	531	38	69	6	9	6
Tomato Bruschetta	496	21	60	4	11	7
Mediterranean Ham	595	39	62	3	18	8

## Sides

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
Side Cafe Salad	32	2	7	2	0	0
Fresh Fruit Bowl	135	1	31	3	0	0

## Salads

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
UFood Bistro (with chicken)	316 155	9 20	29 10	4 3	14 3	4 1
Cafe Salad (with chicken)	46 155	3 20	10 10	3 3	0 3	0 1
The Ultimate Caesar (with chicken)	291 401	13 30	15 15	3 3	15 18	6 7

## Cookies

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
Chocolate Chip	440	4	60	2	6	14
Oatmeal Raisin	300	4	46	2	4	8

## Fresh Fruit Bowl

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
Per person value	135	1	31	3	0	0

We know that healthy means different things to different people.

Our menu allows YOU to make choices that work for YOUR life and the way YOU like to eat.

Great taste, better ingredients, fresh food, and YOU. That's what UFood Grill is all about.