

Want a little UFood Grill goodness at your next event or meeting? Call your favorite location and ask about our catering menu.

UFood Grill™

California

Roseville – Westfield Galleria 916.780.3999

San Jose Coming soon!

Oakland – Oakland Airport Coming soon!

Florida

Naples 239.598.4456

Massachusetts

Bedford 781.271.1100

Boston – Downtown Crossing 617.451.0043

Boston – Landmark Center 857.254.0082

Boston – Logan Airport 617.561.8899

Watertown 617.923.7676

Boston – Logan Airport Terminal C Coming soon!

Texas

Dallas – DFW Airport 972.586.0380

Dallas – Parkland Hospital Coming soon!

For updated locations, nutritional info, and other UFood Grill information, check us out at www.ufoodgrill.com.

For information on franchise opportunities, call us at 617.787.6000.

1201 Piper Blvd., #11
Naples, FL 34110
239.598.4456

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 and selection may vary by location. Menu subject to change without notice.

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

Smoothies™

Made with fat-free yogurt and real whole fruit and berries.

Pineapple Frapple 4.99
pineapple, bananas, pineapple juice, vanilla yogurt.

Passionate Peach 4.99
peaches, strawberries, passionfruit juice, vanilla yogurt.

Blueberry Blitz 5.29
blueberries, apple juice, vanilla yogurt.

Goin' Bananas 4.99
bananas, skim milk, vanilla bean, vanilla yogurt.

Chocolate Peanut Butter Buzz 4.99
mocha, peanut butter, skim milk, vanilla bean, vanilla yogurt.

Orange Pineapple Whip 4.99
pineapple, vanilla yogurt, orange juice.

Mango Mayhem 4.99
mangos, bananas, orange juice.

Peachy Keen 4.99
peaches, strawberries, passionfruit juice.

Go Man-Go 4.99
mangos, bananas, strawberries, vanilla yogurt, apple juice.

Berrylicious 4.99
blueberries, strawberries, raspberries, vanilla yogurt, apple juice.

Açaí Superberry 5.29
açai sorbet, strawberries, raspberries, vanilla yogurt, pomegranate juice.

Stawbanilla 4.99
strawberries, bananas, apple juice, vanilla yogurt.

Enhancers 4U Customize your smoothie (it's all about U)

Antioxidant	0.50	Bee Pollen	0.50
Performance	0.50	Energy	0.50
Muscle Recovery	0.50	Protein	1.00
Intelligence	0.50	Super Protein	1.50
Immune	0.50		

Other Drinks

Fountain Beverages 1.89

Bottled Water 1.89

Enhanced Water 1.99

Desserts

Cookies 1.99



UFood Grill.
The next generation of fast food.

You're looking for great food with lots of flavor, fun, and variety. You want it fast. You want it easy. And most of all, you want it real. Is that too much to ask? We don't think so.

We take a back-to-basics approach to healthful, tasty cooking, where every single thing we serve is rooted in good nutrition—from lean, high-quality meats to natural and organic ingredients, fresh produce, whole grains, and lower-fat cheeses and dressings.

At UFood Grill, it's all about YOU! That means you can make choices that work for your lifestyle and the way you like to eat, without making sacrifices or worrying about "right" and "wrong." In here, it's all good.

Welcome to UFood Grill.

www.ufoodgrill.com

We bake,
grill, steam,
never fry.
No added
trans fat ever.

Fired-Up Burgers™

All burgers available in **100% USDA Choice ground lean beef, turkey, veggie, and all-natural, free-range bison** (add \$1.49 per patty for bison). Let us know if you prefer it on a whole grain tortilla or bun-less. All burgers come with lettuce, tomatoes, sweet red onion, pickles and ketchup.

Better Bacon Cheeseburger **5.99**
100% usda choice ground lean beef. american. turkey bacon.

Swiss Melt Burger **5.99**
100% usda choice ground lean beef. swiss. grilled onions.

Chipotle Pepperjack Turkey Burger **5.99**
turkey burger. jalapeno jack. spicy chipotle mayo. salsa.

 **Veggie Burger** **4.49**
With Cheese **5.29**
high protein.


Cheeseburger **5.29**
100% usda choice ground lean beef. american.

Classic Burger **4.49**
100% usda choice ground lean beef.


Signature Sandwiches

Mighty Chicken Sandwich **5.99**
chicken breast. romaine. radicchio. iceberg. almonds. our caesar dressing. sesame roll.

French Onion Chicken Melt **6.99**
chicken. swiss. caramelized onions. lite ranch. baguette.

 **Tomato Bruschetta** **5.49**
With Chicken **6.99**
italian-seasoned tomatoes. feta. olive oil. ciabatta.

Chipotle Chicken **6.99**
chicken. jalapeno jack. chipotle mayo. lettuce. tomatoes. pickles. onions. ciabatta.

 **Portabella Po'Boy** **5.99**
portabellas. feta. parmesan. organic mixed greens. tomatoes. baguette.

Fire-Roasted Turkey & Swiss **6.49**
sliced turkey. swiss. cranberry chutney. organic mixed greens. lite mayo. whole-grain wheatberry bread.


Make it a double!
Add \$2

UBowls™

Served over 100% natural whole-grain brown rice.

Chopstick Chicken **6.99**
broccoli. carrots. spicy ginger-soy glaze.

Southwestern Chicken **6.99**
black bean chili. salsa. cheddar. lettuce. lite sour cream.


 **Tofusion** **6.99**
organic tofu. veggies. ginger-soy glaze.

Wraps & Roll-Ups

Trans-fat free white or whole-wheat tortilla. Roll-Ups come in 100% fat-free pita bread.


BBQ Beef & Broccoli Wrap **7.99**
sirloin tips. broccoli. bbq sauce. whole-grain brown rice. tortilla.

Chicken Parmigiana Wrap **6.99**
breaded baked chicken breast. mozzarella. marinara. parmesan. tortilla.

 **Santa Fe Veggie Burrito** **5.99**
With Chicken **6.99**
With Steak **7.99**


black bean chili. lettuce. cheddar. salsa. lite sour cream. whole-grain brown rice. tortilla.

Teriyaki Chicken & Broccoli Wrap **6.99**
chicken. broccoli. carrots. teriyaki thai chili sauce. whole-grain brown rice. tortilla.

 **Portable Portabella Wrap** **5.99**
portabellas. feta. parmesan. organic mixed greens. tomatoes. tortilla.

Buffalo Bleu Chicken Wrap **6.99**
chicken. lettuce. tomatoes. bleu cheese buffalo sauce. tortilla.

Caesar's Romaine Roll-Up **4.99**
With Chicken **6.79**
tomatoes. croutons. parmesan. our caesar dressing. pita.

 **Fresh Falafel Roll-Up** **6.99**
baked falafel. roasted red pepper hummus. pickled turnips. lettuce. tomatoes. spicy tahini sauce. pita.

Snack Wraps

Your choice of baked or grilled chicken

Thai Chili Chicken Snack Wrap **1.99**
chicken. thai chili sauce. lettuce. tomato. tortilla.

BBQ Ranch Chicken Snack Wrap **1.99**
chicken. bbq ranch sauce. lettuce. tomato. tortilla.

Chipotle Chicken Snack Wrap **1.99**
chicken. chipotle sauce. lettuce. tomato. tortilla.

Swap any meat with organic tofu

Grilled Entrees

Your choice of any two sides.

Fire-Grilled Sirloin Tips **9.99** **12.99**
100% usda choice sirloin. spicy-sweet bbq sauce.

Citrus Grilled Chicken **7.99** **10.99**
chicken breast. zesty citrus dressing.


Kickin' Thai Chicken **7.99** **10.99**
chicken breast. sweet-spicy thai chili sauce.

BBQ Grilled Chicken **7.99** **10.99**
chicken breast. spicy-sweet bbq sauce.


Honey Mustard Chicken **7.99** **10.99**
chicken breast. zesty honey mustard sauce.

Enticin' Bison **8.99** **11.99**
100% natural free-range bison steak patty.

Twin Grill Platter **12.99**
combine any 2 from above.

 **3-4-U Side Plate** **5.49**
choose any 3 sides to make a meal.


Grilled Paninis


 **Margherita** **3.99**
With Chicken **5.49**
tomatoes. mozzarella. fresh basil. flatbread.


Chicken Pesto **4.99**
chicken breast. pesto. tomatoes. mozzarella. flatbread.


Southwestern Turkey **5.99**
sliced turkey. turkey bacon. tomatoes. chipotle mayo. fresh basil. fresh cilantro. flatbread.


Sides


 **UnFries™** **1.79**
100% trans-fat free oven-baked french fries.


 **Whole-Grain Brown Rice** **1.99**
100% natural with a nutty aroma.

 **Fresh Steamed Broccoli** **1.99**
seasoned with salt and black pepper.

 **Steamed Veggie Medley** **1.99**
a rainbow of fresh, crisp-tender steamed veggies.

 **Sweet Potato Mash** **1.99**
creamy goodness with a hint of cinnamon and spice.

 **Seasoned Black Beans** **1.99**
simmered with southwestern spices.

 **Side Salad** **2.49**
organic mixed greens. grape tomatoes. cucumbers. carrots. balsamic vinaigrette on the side.


smallish **9.99** biggish **12.99**


Try our vegetarian items!

Specialty Salads

Our salads come with Chef's recommended dressing. Ask us if you'd like another choice. All dressings are served on the side.


We use lite dressings and reduced fat cheeses.

 **Greek Salad** **5.99**
With Grilled Chicken **7.49**
organic mixed greens. romaine. cucumbers. tomatoes. onions. feta. olives. pepperoncini. greek dressing.

 **UFood Bistro Salad** **5.99**
With Grilled Chicken **7.49**
organic mixed greens. grape tomatoes. feta. walnuts. cranberries. blueberry-pomegranate vinaigrette.

Crispy Chicken Chopped Cobb **7.49**
chicken. turkey bacon. organic mixed greens. tomatoes. cheddar. cucumber. lite sour cream. ranch dressing.

The Ultimate Caesar **5.49**
With Grilled Chicken **6.99**
romaine. parmesan. tomatoes. croutons. our caesar dressing.


 **Café Salad** **5.49**
With Grilled Chicken **6.99**
tomatoes. cucumbers. carrots. sunflower seeds. cheddar. balsamic vinaigrette.

Chili

 **Hearty Three-Bean Chili** **cup 2.99 bowl 3.99**
With Chicken or Organic Tofu **cup 4.49 bowl 5.49**
With Steak **cup 5.49 bowl 6.49**
black, red and pinto beans. southwest spices. cheddar. lite sour cream. salsa.

For UKids

UnFries™ and kid-size fountain drink included.

 **Grilled Cheese** **4.99**
american. wheatberry bread.

Oven Crisped Chicken Fingers **4.99**
breaded chicken tenders.

Add UnFries™ and your choice of bottled water or fountain drink to any order for only \$2.69.

Menu and prices subject to change without notice.

 is for vegetarian