

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 – Nugget Center 916.791.3777

Roseville – Westfield Galleria 916.780.3999

San Jose 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

### Texas

Dallas – DFW Airport 972.586.0380

### Illinois – Delivery Available

Chicago – 200 W. Jackson 312.922.1200

Chicago – 823 S. State 312.922.0900

Chicago – 2218 N. Lincoln Ave 773.525.4100

### Utah

Draper – 278 E. 12300S 801.572.2441

For updated locations, nutritional info, and other UFood Grill information, check us out at [www.ufoodgrill.com](http://www.ufoodgrill.com).

For information on franchise opportunities, call us at 617.787.6000.

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)

## Smuuthies™

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

### Pineapple Frapple

pineapple. bananas. pineapple juice. vanilla yogurt.

### Passionate Peach

peaches. strawberries. passionfruit juice. vanilla yogurt.

### Blueberry Blitz

blueberries. apple juice. vanilla yogurt.

### Goin' Bananas

bananas. skim milk. vanilla bean. vanilla yogurt.

### Chocolate Peanut Butter Buzz

mocha. peanut butter. skim milk. vanilla bean. vanilla yogurt.

### Orange Pineapple Whip

pineapple. vanilla yogurt. orange juice.

### Mango Mayhem

mangos. bananas. orange juice.

### Peachy Keen

peaches. strawberries. passionfruit juice.

### Go Man-Go

mangos. bananas. strawberries. vanilla yogurt. apple juice.

### Berrylicious

blueberries. strawberries. raspberries. vanilla yogurt. apple juice.

### Açai Superberry

açai sorbet. strawberries. raspberries. vanilla yogurt. pomegranate juice.

### Strawbanilla

strawberries. bananas. apple juice. vanilla yogurt.

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

Antioxidant

Performance

Muscle Recovery

Intelligence

Immune

Bee Pollen

Energy

Protein

Super Protein

## UBerry™ Tart Soft Serve Yogurt

Loaded with probiotic cultures and a great source of calcium, protein and B vitamins.

### Original Tart, Raspberry Tart or Swirl (4 oz. or 8 oz.)

#### Toppings:

Fresh Strawberries

Fresh Raspberries

Fresh Blueberries

Walnuts

Dried Cranberries

Granola

Only  
90 cal per  
4 oz

## UFood Grill.™

Food that starts with U.

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

- We bake, grill, steam, never fry. No added trans fats ever.
- All-natural ingredients with no artificial flavors or colors.
- Whole-grain brown rice, breads, and tortillas.
- Lite dressings, lean meats, and lower-fat cheeses.
- Organic ingredients and hormone-free and antibiotic-free meats whenever possible.
- Lots of vegetarian items that are tasty enough for meat eaters too!

Since we prepare our food fresh, feel free to customize your order. We don't mind at all!

### Our Commitment

We take great care to use the most wholesome available ingredients in the food we make. This means working with our suppliers to source all-natural products that are minimally processed. We are committed to working with producers who understand that 'healthy' food begins with how it is grown and raised and will continue to seek out partners who share this commitment.



UFood Grill™  
feel great. eat smart.

## UFood Grill.™ Menu

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

## Fired-Up Burgers™

All burgers available in **100% USDA Choice ground lean beef, turkey, veggie, and all-natural, free-range bison**. Served on a whole-wheat bun, unless 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\*

100% usda choice ground lean beef. american. turkey bacon.

### Swiss Melt Burger\*

100% usda choice ground lean beef. swiss. grilled onions.

### Chipotle Pepperjack Turkey Burger

turkey burger. jalapeno jack. spicy chipotle mayo.

### Veggie Burger

#### With Cheese

vegan. high protein.

### Cheeseburger\*

100% usda choice ground lean beef. american.

### Classic Burger\*

100% usda choice ground lean beef.

## Signature Sandwiches

### Tomato Bruschetta

#### With Chicken

italian-seasoned tomatoes. feta. olive oil. ciabatta.

### Chipotle Chicken

chicken breast. jalapeno jack. chipotle mayo. lettuce. tomatoes. pickles. onion. ciabatta.

### Fire-Roasted Turkey & Swiss

sliced turkey. swiss. cranberry chutney. organic mixed greens. tomatoes. lite mayo. whole-grain wheatberry bread.

### Roasted Portabella

balsamic-marinated portabellas. feta. organic mixed greens. tomatoes. ciabatta.

Really hungry? Make it a double!

Substitute bison for any burger

Whole-grain brown rice, breads and tortillas.

## UBowls™

Served over **100% natural whole-grain brown rice**.

### Chopstick Chicken

chicken. broccoli. carrots. teriyaki thai chili sauce.

### Tofusion

organic tofu. veggies. ginger-soy glaze.

### Portabella Chicken with Broccoli

chicken. balsamic-marinated portabellas. broccoli. tomatoes.

## Wraps & Burritos

**Trans-fat free white or whole-wheat tortilla.**

### Chicken Parmigiana Wrap

breaded baked chicken breast. mozzarella. marinara. parmesan. tortilla.

### Caesar's Romaine Wrap

#### With Chicken

tomatoes. croutons. parmesan. our caesar dressing. tortilla.

### Steak Burrito

#### Substitute Chicken

steak. seasoned black beans. salsa. cheddar. lettuce. lite sour cream. whole-grain brown rice. tortilla.

### Buffalo Bleu Chicken Wrap

chicken. lettuce. tomatoes. bleu cheese buffalo sauce. tortilla.

### Teriyaki Chicken & Broccoli Wrap

chicken. broccoli. carrots. teriyaki thai chili sauce. whole-grain brown rice. tortilla.

## Chili

### Hearty Three-Bean Chili (cup or bowl)

#### With Steak, Chicken or Tofu

black, red, and pinto beans. southwest spices. topped with a pinch of cheddar.

Try our vegetarian items!

Swap any meat with organic tofu

## Grilled Entrees

Your choice of any two sides.

### Kickin' Thai Chicken

chicken breast. sweet-spicy thai chili sauce.

### Honey Mustard Chicken

chicken breast. zesty honey mustard sauce.

### BBQ Grilled Chicken

chicken breast. spicy-sweet bbq sauce.

## Sides

### 3-4-U Side Plate

choose any 3 sides to make a meal.

### UnFries™

100% trans-fat free oven-baked french fries.

### Whole-Grain Brown Rice

100% natural with a nutty aroma.

### Fresh Steamed Broccoli

### Steamed Veggie Medley

a rainbow of fresh, crisp-tender steamed veggies.

### Sweet Potato Mash

creamy goodness with a hint of cinnamon and spice.

### Seasoned Black Beans

simmered with southwestern spices.

### Side Salad

organic field greens. grape tomatoes. cucumbers. carrot julienne. balsamic vinaigrette.

### Side Caesar Salad

romaine. parmesan. tomatoes. croutons. our caesar dressing.

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

We use lite dressings & lower-fat cheeses.

## Specialty Salads

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

### UFood Bistro Salad

#### With Grilled Chicken

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

### Crispy Chicken Chopped Cobb

chicken. turkey bacon. organic mixed greens. tomatoes. cheddar. cucumber. lite sour cream. ranch dressing.

### The Ultimate Caesar

#### With Grilled Chicken

romaine. parmesan. tomatoes. croutons. our caesar dressing.

## Better Breakfast

### Egg & Cheese Sandwich

#### With Turkey Bacon or Turkey Sausage

scrambled eggs. cheddar. toasted whole-wheat bagel.

### Egg & Cheese Breakfast Burrito

#### With Turkey Bacon or Turkey Sausage

scrambled eggs. cheddar. tortilla.

### Steel Cut Oatmeal

### Fresh Fruit Bowl

### Fresh Whole Seasonal Fruit

### Assorted Bagels and Muffins

Substitute egg whites

## Drinks

### Fountain Beverages

### Bottled Water

### Iced Tea

### Hot Tea

### Coffee

### Assorted Bottled Drinks

## Desserts

### Assorted Cookies

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