

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 Coming soon!

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

Waltham 781.736.0444

Watertown 617.923.7676

Texas

Dallas – DFW Airport Coming soon!

Illinois

Chicago – 200 W. Jackson 312.922.1200

Chicago – 823 S. State 312.922.0900

Utah

Salt Lake City 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.

Prices do not include tax and selection may vary by location. The entire UFood Grill menu is free of trans fats with the exception of small amounts that naturally occur in dairy and meat products.

Smuuthies™

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.

Açai Superberry 5.29
açai sorbet. strawberries. raspberries. vanilla yogurt. pomegranate juice.

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

Enhancers 4U Customize your smuuthie (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		

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 8 oz
2.50 3.50

Toppings: 1.00

Fresh Strawberries
Fresh Raspberries
Fresh Blueberries
Walnuts
Dried Cranberries
Granola
(50¢ each additional topping)

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!

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

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 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.

Make it a double! Add \$2

- Better Bacon Cheeseburger*** 6.49
100% usda choice ground lean beef. american. turkey bacon.
- Swiss Melt Burger*** 6.29
100% usda choice ground lean beef. swiss. grilled onions.
- Chipotle Turkey Burger** 5.99
turkey burger. jalapeno jack. spicy chipotle mayo.
- Veggie Burger With Cheese** 4.49
vegan. high protein.
- Cheeseburger*** 5.29
100% usda choice ground lean beef. american.
- Classic Burger*** 4.49
100% usda choice ground lean beef.

Substitute bison for \$1.49

Signature Sandwiches

- Tomato Bruschetta With Chicken** 5.49
italian-seasoned tomatoes. feta. olive oil. ciabatta.
- Chipotle Chicken** 6.49
chicken breast. jalapeno jack. chipotle mayo. lettuce. tomatoes. pickles. onion. ciabatta.
- Fire-Roasted Turkey & Swiss** 6.29
sliced turkey. swiss. cranberry chutney. organic mixed greens. tomatoes. lite mayo. whole-grain wheatberry bread.
- Roasted Portabella** 5.79
balsamic-marinated portabellas. feta. organic mixed greens. tomatoes. ciabatta.
- Mediterranean Ham** 5.99
lean ham. italian-seasoned tomatoes. cucumbers. feta. herbs. our caesar dressing. whole-grain wheatberry bread.

UBowls™

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

Try our vegetarian items!

- Chopstick Chicken** 6.99
chicken. broccoli. carrots. teriyaki thai chili sauce.
- Tofusion** 6.99
organic tofu. veggies. ginger-soy glaze.
- Portabella Chicken with Broccoli** 6.99
chicken. balsamic-marinated portabellas. broccoli. tomatoes.

Wraps and Roll-Ups

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

Swap any meat with organic tofu

- Chicken Parmigiana Wrap** 6.99
breaded baked chicken breast. mozzarella. marinara. parmesan. tortilla.
- Teriyaki Chicken and Broccoli Wrap** 6.99
chicken. broccoli. carrots. teriyaki thai chili sauce. whole-grain brown rice. tortilla.
- Buffalo Bleu Chicken Wrap** 5.99
chicken. lettuce. tomatoes. bleu cheese buffalo sauce. tortilla.
- BBQ Beef and Broccoli Wrap** 6.99
sirloin tips. broccoli. bbq sauce. whole-grain brown rice. tortilla.
- Fresh Falafel Roll-Up** 6.79
baked falafel. roasted red pepper hummus. pickled turnips. lettuce. tomatoes. spicy tahini sauce. pita.
- Caesar's Romaine Roll-Up With Chicken** 4.99
tomatoes. croutons. parmesan. our caesar dressing. pita.

Chili

- Hearty Three-Bean Chili** cup 2.99 bowl 3.99
black, red, and pinto beans. southwest spices. topped with a pinch of cheddar.

Grilled Entrees

Your choice of any two sides.

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

- Fire-Grilled Sirloin Tips*** 12.99
100% usda choice sirloin. spicy-sweet bbq sauce.
- Kickin' Thai Chicken** 10.99
chicken breast. sweet-spicy thai chili sauce.
- Honey Mustard Chicken** 10.99
chicken breast. zesty honey mustard sauce.
- BBQ Grilled Chicken** 10.99
chicken breast. spicy-sweet bbq sauce.

Sides

- 3-4-U Side Plate** 4.99
choose any 3 sides to make a meal.
- 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
- 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 field greens. grape tomatoes. cucumbers. carrot julienne. balsamic vinaigrette.

For UKids

UnFries™ and kid-size fountain drink or milk included.

- Oven Crisped Chicken Fingers** 4.99
breaded chicken tenders.
- Grilled Cheese** 4.99
american. wheatberry bread.



Specialty Salads

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

We use only lite dressings and lower-fat cheeses.

- UFood Bistro Salad** with organic field greens 5.99
With Grilled Chicken 7.49
grape tomatoes. feta. walnuts. cranberries. blueberry-pomegranate vinaigrette.
- Crispy Chicken Chopped Cobb** with organic lettuce 7.49
chicken. turkey bacon. tomatoes. cheddar. cucumber. lite sour cream. ranch dressing.
- The Ultimate Caesar With Grilled Chicken** 5.49
romaine. parmesan. tomatoes. croutons. our caesar dressing. 6.99

Better Breakfast

Breakfast available at participating locations only.

Substitute egg whites for \$.70

- Egg & Cheese Sandwich With Turkey Bacon or Turkey Sausage** 3.29
scrambled eggs. cheddar. toasted whole-wheat bagel. 3.99
- Egg & Cheese Breakfast Burrito With Turkey Bacon or Turkey Sausage** 3.29
scrambled eggs. cheddar. tortilla. 3.99
- Fresh Fruit Bowl** 3.69
- Yogurt & Granola** 2.99
- Fresh Whole Seasonal Fruit** .99
- Assorted Bagels and Muffins**

Drinks

- Fountain Beverages** 1.89
- Bottled Water** 1.89
- Iced Tea** 1.89
- Hot Tea** 1.59
- Coffee** 1.79
- Assorted Bottled Drinks**

Add UnFries™ and your choice of bottled water or fountain drink to any meal for only \$2.49.

Desserts

- Assorted Cookies** 1.49

Add UnFries™ and your choice of bottled water or fountain drink to any meal for only \$2.49.

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