

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 916.791.3777

San Jose Coming soon!

Florida

Miami and Ft. Lauderdale Coming soon!

Fort Myers Coming soon!

Naples 239.598.4456

Massachusetts

Bedford 781.271.1100

Beverly Coming soon!

Boston – Downtown Crossing 617.451.0043

Boston – Landmark Center 857.254.0082

Boston – Tremont Street Coming soon!

Boston – Logan Airport Coming soon!

Shrewsbury 508.363.0002

Stoughton 781.344.2006

Waltham 781.736.0444

Watertown 617.923.7676

Minnesota

Oakdale 651.209.6636

Texas

Houston Coming soon!

Arizona

Phoenix Coming soon!

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

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

Smoothies™ 4.29

Bananaberry no-Dairy

banana. strawberries. orange juice.

Berry Bonanza

blueberries. strawberries. raspberries. cranberry juice. raspberry sherbet.

Pineapple Frapple

pineapple. banana. pineapple juice. fat-free vanilla yogurt.

Strawbanilla

strawberries. banana. apple juice. fat-free vanilla yogurt.

Hi-Protein Prolattas® 4.99

Protein-packed power shakes. 100% whey isolate sustained release blend.

Jammin' Berry

protein fuel. strawberries. cranberry juice. raspberry sherbet.

Chocolate Peanut Buttercup

protein fuel. fat-free chocolate yogurt. peanut butter.

Piña Prolatta

protein fuel. pineapple juice. banana. pineapple. fat-free vanilla yogurt.

Monkey Mix

protein fuel. fat-free chocolate yogurt. banana.

Other Drinks

Fountain Beverages

1.79

Bottled Water

1.79

Assorted Bottled Juices, Flavored Waters and Energy Drinks

*Not available in all locations.

Desserts

Brownies

Cookies

Seasonal Fresh Whole Fruit

Add UnFries™ and your choice of bottled water or fountain drink to any order for only \$2.59.

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.

Reminder, consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

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 fat ever.
- Organic, all natural and free-range foods whenever possible.
- Whole-grain brown rice, breads and tortillas.
- Lite dressings and reduced fat cheeses.
- Lots of vegetarian items that are tasty enough for meat eaters too!

We encourage you to customize your food to your taste.

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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 know that these days, when it comes to the food you eat, there are more choices than ever.

We created UFood Grill to make sense of all that. 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 reduced-fat cheeses and dressings.

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

www.ufoodgrill.com

Fired-Up Burgers™

All burgers available in **100% USDA Choice ground beef, turkey, veggie, and all-natural, free-range bison** (add \$1.49 per patty for bison). Served on a country French roll, unless you prefer it on a whole grain tortilla or bun-less. All burgers come with lettuce, tomatoes, sweet red onion, pickles, ketchup and a touch of mayo.

make it double!
add \$2

Better Bacon Cheeseburger 100% usda choice ground beef. american. turkey bacon.	5.99
Swiss Melt Burger 100% usda choice ground beef. swiss. grilled onions.	5.99
Chipotle Pepperjack Turkey Burger turkey burger. jalapeno jack. spicy chipotle mayo. salsa.	5.99
Cheeseburger 100% usda choice ground beef. american.	4.99
Classic Burger 100% usda choice ground beef.	3.99

Signature Sandwiches

French Onion Chicken Melt chicken. swiss. caramelized onions. lite ranch. baguette.	5.99
Chicken Bruschetta chicken. tomatoes. feta. olive oil. black pepper. ciabatta.	5.99
Chipotle Chicken chicken. jalapeno jack. chipotle mayo. lettuce. tomatoes. pickles. onion. ciabatta.	5.99
Portabella Po'Boy portabellas. feta. parmesan. organic greens. tomatoes. baguette.	5.49
Fire-Roasted Turkey & Swiss turkey breast. swiss. cranberry chutney. organic greens. mayo. wheat berry bread.	5.99
Texicali Turkey turkey tenders. jalapeno jack. chipotle mayo. lettuce. tomatoes. pickles. onion. ciabatta.	5.99
Tomato Fresca tomatoes. feta. olive oil. black pepper. baguette.	4.99

UBowls™

Made with **100% natural whole-grain brown rice.**

	smallish	biggish
Chopstick Chicken broccoli. carrots. teriyaki thai chili sauce.	5.49	6.49
Southwestern Chicken black bean chili. salsa. cheddar. lettuce. lite sour cream.	5.49	6.49
Tofusion organic tofu. veggies. ginger-soy glaze.	5.49	6.49

Wraps

Made with **100% natural whole-grain white or wheat tortilla. Swap any meat with organic tofu.**

	smallish	biggish
Chicken Meatball Marinara mozzarella. marinara. parmesan.	4.49	5.99
Caesar's Romaine With Chicken tomatoes. croutons. parmesan. olive oil. lite ranch and caesar dressing.	3.99 4.99	4.79 6.59
BBQ Steak Tips & Broccoli Burro sirloin tips. broccoli. bbq sauce. whole-grain brown rice.	5.49	6.99
Chicken Parmigiana baked chicken breast. mozzarella. marinara. parmesan.	4.99	6.99
Santa Fe Veggie Burrito With Steak or Chicken black bean chili. lettuce. cheddar. salsa. lite sour cream. whole-grain brown rice.	3.99 5.29	5.49 6.79
Chicken Yaki-Maki Burro broccoli. carrots. teriyaki thai chili sauce. whole-grain brown rice.	4.49	5.99
Portable Portabella portabellas. feta. parmesan. organic greens. tomatoes.	4.49	5.99
Buffalo Bleu Chicken lettuce. tomatoes. bleu cheese buffalo sauce.	4.49	5.79

Grilled Entrees

Your choice of any two sides.

	smallish	biggish
Fire-Grilled Sirloin Tips 100% usda choice sirloin. sweet-spicy bbq sauce.	8.99	11.99
Turkey Medallions turkey tenderloins. tangy cranberry glaze.	7.99	10.99
Citrus Grilled Chicken chicken breast. zesty citrus dressing.	6.99	9.99
Kickin' Thai Chicken chicken breast. sweet-spicy thai chili sauce.	6.99	9.99
Enticin' Bison 100% natural free-range bison steak patty.	7.99	10.99
Twin Grill Platter combine any 2 from above.	11.99	
3-4-U Side Plate choose any three sides to make a meal.		5.49

Try our vegetarian items!

Sides

UnFries™ 100% trans-fat free oven-baked french fries.	1.79
Whole-Grain Brown Rice 100% natural with a nutty aroma.	1.99
Fresh Steamed Broccoli seasoned with salt and black pepper.	1.99
Steamed Veggie Medley a rainbow of fresh. crisp-tender steamed veggies.	1.99
Sweet Potato Mash creamy goodness with a hint of cinnamon and spice.	1.99
Seasoned Black Beans simmered with southwestern spices.	1.99

Specialty Salads

Our salads come with Chef's recommended dressing. You can also choose your own: Balsamic Vinaigrette, Lite Ranch, Lite Caesar, Blueberry/Pomegranate Vinaigrette, Lite Bleu Cheese, Cranberry Vinaigrette, and Citrus Dressing.

We use lite dressings and reduced fat cheeses.

UFood Bistro Salad with organic field greens grape tomatoes. feta. walnuts. cranberries. onion. tossed with blueberry-pomegranate vinaigrette.	5.49
Crispy Chicken Chopped Cobb with organic lettuce turkey bacon. tomatoes. cheddar. cucumber. lite sour cream. onion. lite ranch dressing on the side.	6.99
Caesar Salad With Grilled Chicken romaine. parmesan. tomatoes. croutons. extra virgin olive oil. tossed with lite caesar dressing.	side 2.49 4.99 6.79
Café Salad With Grilled Chicken tomatoes. cucumbers. carrots. sunflower seeds. cheddar. balsamic vinaigrette on the side.	side 2.49 4.99 6.79

Chili

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

For UKids

Comes with kid size UnFries™

Grilled Cheese american. wheat berry bread.	2.49
Oven Crisped Chicken Fingers breaded chicken tenders.	3.99

Whole-grain brown rice, breads and tortillas.

Add UnFries™ and your choice of bottled water or fountain drink to any order for only \$2.59.

Lots of vegetarian items that are tasty enough for meat eaters too!