

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

Illinois

Chicago - 200 W. Jackson 312.922.1200

Chicago - 823 S. State 312.922.0900

Texas

Dallas - DFW Airport Coming soon!

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.

The entire UFood Grill menu is free of transfat 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 Grill
Nugget Center
721 Pleasant Grove Blvd., Suite 150
Roseville, CA 95678
916.791.3777

Smoothies™

Made with real whole fruit and berries. Customize your smoothie with any enhancer: antioxidant, performance, muscle recovery, bee pollen, immune, intelligence, energy, protein, super protein.

Orange Pineapple Whip banana. strawberries. orange juice.	4.99
Berrylicious blueberries. strawberries. raspberries. vanilla yogurt. apple juice.	4.99
Pineapple Frapple pineapple. banana. pineapple juice. vanilla yogurt.	4.99
Passionate Peach peaches. strawberries. passionfruit juice. vanilla yogurt.	4.99
Blueberry Blitz blueberries. apple juice. vanilla yogurt.	5.29
Goin' Bananas bananas. skim milk. vanilla bean. vanilla yogurt.	4.99
Chocolate Peanut Butter Buzz mocha. peanut butter. skim milk. vanilla bean. vanilla yogurt.	4.99
Mango Mayhem mangos. bananas. orange juice.	4.99
Peachy Keen peaches. strawberries. passionfruit juice.	4.99
Go Man-Go mangos. bananas. strawberries. vanilla yogurt. apple juice.	4.99
Açai Superberry açai sorbet. strawberries. raspberries. vanilla yogurt. pomegranate juice.	5.29
Strawbanilla strawberries. bananas. apple juice. vanilla yogurt.	4.99

Other Drinks

Fountain Beverages
Bottled Water
Organic Iced Tea
Assorted Bottled Drinks

Desserts

UYogurt Tart Soft Serve Yogurt
Assorted Cookies

UYogurt tart soft serve yogurt is loaded with probiotic cultures, calcium, protein, B vitamins.

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. 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

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 lower-fat cheeses.
- Lots of vegetarian items that are tasty enough for meat eaters too!

We encourage you to customize your food to your taste.

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

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 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, 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.	5.79
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.	4.99	6.49
Southwestern Chicken black bean chili. salsa. cheddar. lettuce. lite sour cream.	4.99	6.49
Tofusion organic tofu. veggies. ginger-soy glaze.	4.99	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.	3.49 5.29	4.99 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	5.99

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.	5.99	8.99
Kickin' Thai Chicken chicken breast. sweet-spicy thai chili sauce.	5.99	8.99
Enticin' Bison 100% natural free-range bison steak patty.	6.99	9.99
Twin Grill Platter combine any 2 from above.	10.99	
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.	1.99
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 lower-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 black, red, and pinto beans. southwest spices. cheddar. lite sour cream. salsa.	cup 2.99 bowl 3.99 cup 4.49 bowl 5.49
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For UKids

Comes with kid size UnFries™

Grilled Cheese	2.49
Oven Crisped Chicken Fingers	3.99
Cheese Quesadilla	2.49
Cheese Pizza With Pepperoni	3.99 4.99

Whole-grain brown rice, breads and tortillas.

Add UnFries™ and your choice of bottled water or fountain drink to any order for only \$2.79.