

## UFood Grill Dietary Guide

### VEGETARIAN

**Fired-Up Burgers™:** Veggie Burger

**Sandwiches:** Tomato Bruschetta

**UBowls™:** Tofusion

**Paninis:** Margherita

**Sides:** All

**Specialty Salads:** UFood Bistro Salad  
Greek Salad

**Breakfast:** Egg and Cheese Sandwich  
Egg and Cheese Burrito  
Egg and Cheese Panini  
Egg White and Cheese Burrito  
Oatmeal

### VEGAN

**Fired-Up Burgers™:** Veggie Burger (no bun)

**Specialty Salads:** UFood Bistro Salad (no cheese)

**Sides:** Whole-Grain Brown Rice  
Fresh Steamed Broccoli  
Seasoned Black Beans

**Breakfast:** Oatmeal

### REDUCED SODIUM

**Sides:** Whole-Grain Brown Rice  
Fresh Steamed Broccoli  
Steamed Veggie Medley  
Sweet Potato Mash  
Seasoned Black Beans

**Specialty Salads:** All salads

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### LOW CARB

**Fired-Up Burgers:** All (just order bunless)

**Wraps:** Buffalo Bleu Chicken (no tortilla)

**Sides:** Fresh Steamed Broccoli  
Steamed Veggie Medley

**Specialty Salads:** UFood Bistro Salad  
Crispy Chicken Chopped Cobb  
(with grilled chicken, not crispy)  
Greek Salad

### EXTREMELY LEAN

**UBowls:** Chopstick Chicken (without sauce)  
Southwestern Chicken

### GLUTEN FREE

**Fired-up Burgers:** All meat burgers, just order bunless

**UBowls:** Southwestern Chicken

**Wraps (without tortilla):** Buffalo Bleu Chicken

**Sides:** Whole-Grain Brown Rice  
Fresh Steamed Broccoli  
Steamed Veggie Medley  
Sweet Potato Mash  
Seasoned Black Beans

**Specialty Salads:** UFood Bistro Salad  
Crispy Chicken Chopped Cobb  
(with grilled chicken, not crispy)  
Greek Salad

**We cater for a  
happier, healthier U.**

Call us for special pricing.

216.265.2285  
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*Where Delicious  
Meets Nutritious*



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## UFood Grill Nutrition Facts and Dietary Guide Cleveland Hopkins Airport

Feel good  
about the  
food you put  
in your  
body!

Choose  
foods that  
are right  
for you!



We are committed to making it easy for you to eat right, so here are some helpful hints to reading this guide.

- Sodium is measured in milligrams which is a unit mass equal to one-thousandth of a gram.
- Good Fat = Total Fat – Saturated Fat – Trans Fat

### UFood Grill Nutrition Facts

	calories	protein (g)	carbs (g)	sodium (mg)	good fat (g)	sat. fat (g)	fiber (g)
<b>Fired-Up Burgers™</b>							
Better Bacon Cheeseburger	630	48	57	1690	16	10	4
Chipotle Turkey Burger	561	43	48	1289	19	4	4
Cheeseburger	550	41	57	1280	12	8	4
Classic Burger	520	38	55	1080	11	7	4
Veggie Burger	360	29	63	1400	2	.5	9
<b>Signature Sandwiches</b>							
Mighty Chicken	479	33	41	940	19	4.5	3
Tomato Bruschetta with chicken	510	10	42	820	27	7	3
Chipotle Chicken	640	36	41	1080	30	7	2
Fire-Roasted Turkey & Swiss	571	36	39	1239	30	7	2
Fire-Roasted Turkey & Swiss	521	38	69	628	9	6	6
<b>Paninis</b>							
Margherita with chicken	420	16	56	970	10	5	3
Chicken Pesto	585	41	56	1075	15	6	3
Southwestern Turkey	630	41	49	1070	23	7	2
Southwestern Turkey	610	32	49	1080	27	5	2

### UFood Grill Nutrition Facts

	calories	protein (g)	carbs (g)	sodium (mg)	good fat (g)	sat. fat (g)	fiber (g)
<b>UBowls™</b>							
Chopstick Chicken	600	36	92	1210	8.5	2.5	10
Tofusion	540	21	93	1060	11	0	11
Southwestern Chicken	530	33	77	740	7	2	9
<b>Wraps</b>							
Chicken Parmigiana	800	46	87	2560	19	8	5
Buffalo Bleu Chicken	650	37	62	1810	21	4	3
Teriyaki Chicken & Broccoli	740	40	111	1880	10	2	7
<b>Specialty Salads (nutrition includes dressing)</b>							
UFood Bistro Salad with chicken	312	9	28	511	14	4	3
Crispy Chicken Chopped Cobb	447	31	29	602	18	5	3
Greek Salad with chicken	310	22	33	1440	8	4	5
Greek Salad with chicken	310	8	20	1120	16	7	3
Greek Salad with chicken	450	29	20	1210	19	9	3
<b>Sides</b>							
UnFries™	230	3	33	600	7	2	3
Whole-Grain Brown Rice	250	6	51	10	2	0	4
Fresh Steamed Broccoli	30	3	5	25	0	0	3
Steamed Veggie Medley	40	2	8	25	0	0	3
Sweet Potato Mash	115	2	26	535	1	0	4
Seasoned Black Beans	60	3	10	190	1	0	4
<b>Other (nutrition includes UnFries™)</b>							
Oven Crisped Chicken Fingers Platter w/ UnFries™	538	28	56	1509	18	4	4

### UFood Grill Nutrition Facts

	calories	protein (g)	carbs (g)	sodium (mg)	good fat (g)	sat. fat (g)	fiber (g)
<b>Better Breakfast</b>							
Egg & Cheese Sandwich with turkey bacon	590	33	86	1260	11	4	6
Egg & Cheese Sandwich with turkey sausage	640	38	86	1570	14	6	6
Egg & Cheese Burrito with turkey bacon	660	41	87	1440	13	6	6
Egg & Cheese Burrito with turkey sausage	490	25	48	1420	12	6	2
Egg White & Cheese Burrito with turkey bacon	540	30	48	1730	16	7	2
Egg White & Cheese Burrito with turkey sausage	560	33	49	1600	15	7	2
Oatmeal (cup)	350	18	47	1220	4	3	2
Oatmeal (cup)	400	24	47	1530	8	4	2
Oatmeal (cup)	420	26	48	1400	7	4	2
Oatmeal (cup)	320	6	67	480	2.5	.5	5
<b>Smoothies™</b>							
Pineapple Frapple	290	5	69	65	0	0	3
Passionate Peach	230	5	55	60	0	0	3
Chocolate Peanut Butter Buzz	490	24	58	480	15	4	3
Orange Pineapple Whip	270	5	63	95	0	0	2
Go Man-Go	260	5	62	90	.5	0	4
Berrylicious	260	5	61	95	.5	0	6
Açai Superberry	320	6	72	90	2	0	6
Strawbanilla	290	5	68	95	.5	0	4
<b>UBerry</b>							
Original Tart	4 oz	90	3	20	60	0	0
Original Tart	8 oz	180	6	40	120	0	0
Wildberry	4 oz	100	3	22	50	0	0
Wildberry	8 oz	200	6	44	100	0	0
Vanilla	4 oz	100	3	20	75	0	0
Vanilla	8 oz	200	6	40	150	0	0
Chocolate	4 oz	110	3	24	90	0	0
Chocolate	8 oz	220	6	48	180	0	0

## Where Delicious Meets Nutritious

For nutritional analysis UFood Grill utilizes Healthy Dining which has been endorsed by the National Restaurant Association.



Healthy Dining's computerized nutrition analysis of these menu items is based on recipes submitted by UFood Grill. The nutrition values listed are based on the United States Department of Agriculture (USDA) nutrition information database, the source most commonly used for estimating nutritional content of foods, and/or values provided by the manufacturer. If values for a particular ingredient were not available from the USDA database or the manufacturer, Healthy Dining utilized nutrition data from ingredients that closely match a similar product's nutrition profile.

USDA research has found that nutritional values of foods can vary between individual samples of a particular food by as much as 20%, due to such factors as season, soil conditions, region of the country, product suppliers and other factors. Therefore, data listed on the nutrition reports represent approximations only and fall within the Food and Drug Administrations' allowable variance. The values listed in the Nutrition Facts column on the reports are rounded according to FDA's guidelines.

