

UFood Grill Dietary Guide

VEGETARIAN

Fired-Up Burgers™: Veggie Burger

Sandwiches: Tomato Bruschetta
Roasted Portabella

UBowls™: Tofusion

Wraps & Burritos: UFood Burrito w/tofu

Sides: UnFries™
Whole-Grain Brown Rice
Fresh Steamed Broccoli
Steamed Veggie Medley
Sweet Potato Mash
Seasoned Black Beans
Side Salad

Specialty Salads: UFood Bistro Salad

Chili: Hearty Three-Bean Chili

LOW CARB

Fired-Up Burgers: All (just order bunless)

Wraps: Buffalo Bleu Chicken (no tortilla)

Grilled Entrees: All

Sides: Fresh Steamed Broccoli
Steamed Veggie Medley

Specialty Salads: UFood Bistro Salad
Crispy Chicken Chopped Cobb

EXTREMELY LEAN

UBowls: Tofusion

Grilled Entrees: Kickin' Thai Chicken
Honey Mustard Chicken
BBQ Grilled Chicken

UFood Grill Dietary Guide

GLUTEN FREE

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

UBowls: Portabella Chicken with Broccoli

Wraps (without tortilla): Buffalo Bleu Chicken
BBQ Steak Tips & Broccoli

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)

Chili: Hearty Three-Bean Chili

REDUCED SODIUM

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

Specialty Salads: Side Salad

UFood Grill is not a gluten free environment. Due to significant variance in allergies and sensitivities, please speak with a manager regarding any specific needs, special requests, or a complete list of ingredients in your order.

The nutrient data has been calculated using standardized recipes and Food Processor SQL Nutrient Analysis Program by ESHA Research. Substantial effort has been made to provide complete and accurate data. The nutrient data are only estimated values of nutritional content. Actual nutritional values may vary from these estimates based on a number of factors. Nutrition content is rounded to the nearest whole number.



UFood Grill Nutrition Facts and Dietary Guide

Feel good
about the
food you put
in your
body!

Choose
foods that
are right
for you!



UFood Grill Nutrition Facts

Fired-Up Burgers™

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Better Bacon Cheeseburger (single)	451	35	38	11	7	6
Swiss Melt Burger (single)	609	38	58	17	11	4
Bison Burger (single)	390	26	28	12	8	4
Chipotle Turkey Burger (single)	732	40	41	39	9	6
Veggie Burger (single)	321	20	43	3	1	7
Cheeseburger (single)	414	30	38	10	6	6
Classic Burger (single)	379	27	37	9	5	6

Signature Sandwiches

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Tomato Bruschetta with chicken	811	22	84	35	11	6
Chipotle Chicken	506	33	44	11	10	4
Fire-Roasted Turkey & Swiss	460	34	46	7	2	5
Roasted Portabella	543	17	75	16	6	4

Wraps & Burritos

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Chicken Parmigiana Wrap	925	50	104	24	9	6
Buffalo Bleu Chicken Wrap	656	34	74	21	4	6
Teriyaki Chicken & Broccoli Wrap	753	37	109	9	2	9
UFood Steak Burrito	1063	67	114	29	7	11
UFood Chicken Burrito	886	46	118	19	4	13
UFood Tofu Burrito	843	35	115	22	4	9
Caesar's Romaine Wrap with chicken	514	22	55	15	7	4
	608	42	55	17	7	4

UFood Grill Nutrition Facts

Chili

	cup	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Hearty Three-Bean-Chili	cup	359	20	46	9	3	13
	bowl	503	28	65	11	3	19
with steak	cup	648	48	46	16	4	19
	bowl	793	68	65	22	5	19
with chicken	cup	446	32	47	12	3	13
	bowl	544	37	65	12	3	19
with tofu	cup	386	20	48	13	3	14
	bowl	530	28	67	15	4	20

Specialty Salads (nutrition includes dressing)

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
UFood Bistro Salad with chicken	340	7	33	15	6	4
	481	33	33	17	7	4
Crispy Chicken Chopped Cobb	488	32	28	20	7	3
The Ultimate Caesar with chicken	316	16	18	14	7	4
	456	42	18	16	8	4

UBowls™

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Chopstick Chicken	522	30	68	3	0	8
Tofusion	565	24	70	8	1	8
Portabella Chicken w/ Broccoli	557	31	67	18	2	8

Grilled Entrees

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Kickin' Thai Chicken	456	54	11	4	2	0
BBQ Grilled Chicken	478	54	45	5	2	1
Honey Mustard Chicken	635	53	71	4	2	0

UFood Grill Nutrition Facts

Sides

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
UnFries™	255	3	33	7	2	3
Whole-Grain Brown Rice	216	5	45	1	0	4
Fresh Steamed Broccoli	44	5	8	0	0	5
Steamed Veggie Medley	46	2	9	0	0	3
Sweet Potato Mash	175	3	39	1	0	6
Seasoned Black Beans	286	16	48	2	1	16
Side Caesar Salad (with dressing)	156	13	8	4	5	2

Better Breakfast

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Egg & Cheese Sandwich with turkey bacon	460	33	63	7	2	9
with turkey sausage	630	45	65	19	6	9
	580	42	69	11	4	9
Egg & Cheese Burrito with turkey bacon	580	32	74	12	5	4
with turkey sausage	690	40	75	18	7	4
	640	37	77	15	5	4
Egg White & Cheese Burrito with turkey bacon	480	28	67	7	3	4
with turkey sausage	590	37	68	12	6	4
	540	33	70	9	4	4
Steel Cut Oatmeal	150	4	26	2	0	4
Fresh Fruit Bowl	160	2	41	0	0	4

UFood Grill Nutrition Facts

Smoothies™

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Pineapple Frapple	286	5	70	0	0	3
Passionate Peach	240	6	56	0	0	2
Blueberry Blitz	230	4	56	0	0	5
Goin' Bananas	244	17	46	0	0	2
Chocolate Peanut Butter Buzz	506	29	88	8	10	5
Orange Pineapple Whip	250	4	60	0	0	0
Mango Mayhem	310	2	78	0	0	4
Peachy Keen	290	3	70	0	0	3
Go Man-Go	250	5	64	0	0	4
Berrylicious	219	5	53	0	0	3
Açaí Superberry	290	6	66	0	2	3
Strawbanilla	253	5	63	0	0	4

Desserts

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Chocolate Chip Cookie	440	4	60	6	14	2
Oatmeal Raisin Cookie	300	4	46	4	8	2
Original Tart UBerry	4 oz 90	3	20	0	0	0
Original Tart UBerry	8 oz 180	6	40	0	0	0



Feel good about the food you put in your body!