

UFood Grill Dietary Guide

VEGETARIAN

Fired-Up Burgers™: Veggie Burger

Sandwiches: Tomato Bruschetta
Portabella Po'Boy

UBowls™: Tofusion

Wraps, Burritos: Fresh Falafel
Santa Fe Veggie Burrito
Portable Portabella Wrap

Paninis: Margherita

Sides: All

Specialty Salads: UFood Bistro Salad
Greek Salad
Cafe Salad

Chili: Hearty Three-Bean Chili

Kids Menu: Grilled Cheese

VEGAN

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

Specialty Salads: UFood Bistro Salad (no cheese)

Wraps, Burritos: Fresh Falafel (no tortilla or sauce)

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

Chili: Hearty Three-Bean Chili

REDUCED SODIUM

Grilled Entrees: All Entrees

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

Specialty Salads: All salads (really?)

UFood Grill Dietary Guide

LOW CARB

Fired-Up Burgers: All (just order bunless)

Wraps, Burritos: Buffalo Bleu Chicken (no tortilla)
Fresh Falafel (no tortilla)
Portable Portabella (no tortilla)

Grilled Entrees: All

Sides: Fresh Steamed Broccoli
Steamed Veggie Medley
Side Salad

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

Grilled Entrees: All Entrees (order sauce on side)

GLUTEN FREE

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

UBowls: Southwestern Chicken

Wraps, Burritos (no tortilla): Buffalo Bleu Chicken
Portable Portabella
Santa Fe Veggie Burrito
BBQ Beef & Broccoli

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

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

Chili: Hearty Three-Bean Chili

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.



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™

	calories	protein (g)	carbs (g)	sodium (mg)	good fat (g)	sat. fat (g)	fiber (g)
Better Bacon Cheeseburger	630	48	57	1690	16	10	4
Swiss Melt Burger	650	44	59	1230	18	10	4
Chipotle Turkey Burger	561	43	48	1289	19	4	4
Veggie Burger	360	29	63	1400	2	.5	9
Cheeseburger	550	41	57	1280	12	8	4
Classic Burger	520	38	55	1080	11	7	4
Bison Burger	370	35	55	1070	2	1.5	4

Signature Sandwiches

Mighty Chicken	479	33	41	940	19	4.5	3
French Onion Chicken Melt	520	38	46	1140	14	5	2
Tomato Bruschetta with chicken	510	10	42	820	27	7	3
	640	36	41	1080	30	7	2
Chipotle Chicken	571	36	39	1239	30	7	2
Portabella Po'Boy	400	13	46	650	14	5	4
Fire-Roasted Turkey & Swiss	521	38	69	628	9	6	6

Grilled Paninis

Margherita with chicken	420	16	56	970	10	5	3
	585	41	56	1075	15	6	3
Chicken Pesto	630	41	49	1070	23	7	2
Southwestern Turkey	610	32	49	1080	27	5	2

UBowls™

Chopstick Chicken	600	36	92	1210	8.5	2.5	10
Southwestern Chicken	530	33	77	740	7	2	9
Tofusion	540	21	93	1060	11	0	11

UFood Grill Nutrition Facts

Wraps, Burritos, and Roll-Ups

BBQ Beef & Broccoli Wrap	850	45	109	2090	17	5	6
Chicken Parmigiana Wrap	800	46	87	2560	19	8	5
Santa Fee Veggie Burrito with chicken	773	28	112	1896	19	4	11
	886	46	118	2364	19	4	13
with steak	1063	67	114	2011	29	7	11
Teriyaki Chicken & Broccoli	740	40	111	1880	10	2	7
Portable Portabella Wrap	530	15	63	1310	17	6	5
Buffalo Bleu Chicken Wrap	650	37	62	1810	21	4	3
Caesar's Romaine Roll-Up with chicken	430	19	49	1280	11	7	3
	650	32	62	1920	22	9	4
Fresh Falafel	730	19	79	1850	31	4	7

Snack Wraps

BBQ Ranch Baked Chicken	230	10	31	610	6	1	3
BBQ Ranch Grilled Chicken	230	15	25	430	5	2	2
Chipotle Baked Chicken	270	10	30	590	10	2	3
Chipotle Grilled Chicken	260	15	24	400	9	2	2
Thai Chili Baked Chicken	230	11	32	600	6	1	3
Thai Chili Grilled Chicken	230	15	26	420	4	2	2

Chili

Hearty Three-Bean-Chili	cup	230	13	35	1010	2	1.5	7
	bowl	330	17	53	1470	3	1.5	11
with steak	cup	360	26	35	1070	7	4	7
	bowl	460	30	53	1530	8	4	11
with chicken	cup	300	26	36	1140	3	2	7
	bowl	400	30	53	1600	4	2	11
with tofu	cup	280	18	37	1010	5	1	8
	bowl	400	25	55	1470	8	1	12

UFood Grill Nutrition Facts

Grilled Entrees (nutrition doesn't include sides)

Fire Grilled Sirloin Tips	small	290	30	18	1020	7	3	0
	big	410	48	20	1220	11	4	0
Citrus Grilled Chicken	small	170	21	3	200	6	2	0
	big	350	43	7	400	12	4	0
Kickin' Thai Chicken	small	190	22	11	430	4	2	1
	big	380	44	22	870	9	3	1
BBQ Grilled Chicken	small	200	25	4	145	4	2	0
	big	395	49	9	287	9	3	0
Honey Mustard Chicken	small	230	21	17	220	4	2	0
	big	450	43	34	440	8	3	0
Enticin' Bison	small	110	24	0	85	1	1	0
	big	220	48	0	170	2	2	0

Specialty Salads (nutrition includes dressing)

Greek Salad with chicken	310	8	20	1120	16	7	3
	450	29	20	1210	19	9	3
UFood Bistro Salad with chicken	312	9	28	511	14	4	3
	447	31	29	602	18	5	3
Crispy Chicken Chopped Cobb	310	22	33	1440	8	4	5
The Ultimate Caesar with chicken	316	16	18	1326	13	7	4
	456	42	18	1389	15	8	4
Cafe Salad with chicken	167	9	13	not avail	8	2	4
	277	26	13	not avail	11	3	4

For UKids (nutrition doesn't include sides)

Grilled Cheese	370	16	63	1896	4	3	4
Oven Crisped Chicken Fingers	231	19	17	682	8	1.5	1

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

Sides

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
Side Salad (without dressing)	24	2	5	104	0	0	2

Smoothies™

Pineapple Frapple	290	5	69	65	0	0	3
Passionate Peach	230	5	55	60	0	0	3
Blueberry Blitz	250	5	59	90	.5	0	4
Goin' Bananas	270	18	47	240	.5	0	2
Chocolate Peanut Butter Buzz	490	24	58	480	15	4	3
Orange Pineapple Whip	270	5	63	95	0	0	2
Mango Mayhem	300	1	74	40	.5	0	4
Peachy Keen	250	1	66	0	0	0	3
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

Desserts

Original Tart UBerry	4 oz	90	3	20	60	0	0	0
Original Tart UBerry	8 oz	180	6	40	120	0	0	0

