

UFood Grill Dietary Guide

VEGETARIAN

Fired-Up Burgers™: Veggie Burger

Sandwiches: Tomato Bruschetta

UBowls™: Tofusion

Sides: UnFries
Whole-Grain Brown Rice
Fresh Steamed Broccoli
Steamed Veggie Medley
Sweet Potato Mash
Seasoned Black Beans
Side Caesar Salad (no dressing)

Specialty Salads: UFood Bistro Salad
Caesar Salad (no dressing)

Chili: Hearty Three-Bean Chili

Kids Menu: Grilled Cheese

VEGAN

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

Specialty Salads: UFood Bistro Salad (no cheese)

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

Chili: Hearty Three-Bean Chili

REDUCED SODIUM

Grilled Entrees: All

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

Specialty Salads: All

UFood Grill Dietary Guide

LOW CARB

Fired-Up Burgers: All (just order bunless)

Wraps: Buffalo Bleu Chicken (no tortilla)
Caesar's Romaine
Chicken Caesar's Romaine

Grilled Entrees: All (just order double
veggies – no starch)

Sides: Fresh Steamed Broccoli
Steamed Veggie Medley
Side Caesar Salad

Specialty Salads: All

EXTREMELY LEAN

UBowls: Chopstick Chicken (without sauce)
Southwestern Chicken

Grilled Entrees: All (just order double
veggies and no sauce)

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
Side Caesar Salad (with no croutons)

Specialty Salads: UFood Bistro Salad
Crispy Chicken Chopped Cobb
(with grilled chicken, not crispy)
Caesar Salad (with no croutons)

Chili: Hearty Three-Bean Chili

DAIRY FREE SMOOTHIES

Mango Mayhem
Peachy Keen

What is the check box for?

If you are a patient here, please review this nutrition guide with your doctor, and together, check off the items that are within your prescribed nutrition plan.

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 Healthy Dining. 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!

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.
- Total Fat = Good Fat + Saturated Fat

UFood Grill Nutrition Facts

| | calories | protein (g) | carbs (g) | sodium (mg) | good fat (g) | sat. fat (g) | fiber (g) |
|--|----------|-------------|-----------|-------------|--------------|--------------|-----------|
|--|----------|-------------|-----------|-------------|--------------|--------------|-----------|

Fired-Up Burgers™

| | | | | | | | |
|--|-----|----|----|------|-----|-----|---|
| <input type="checkbox"/> Better Bacon Cheeseburger | 474 | 36 | 37 | 1187 | 14 | 8 | 3 |
| <input type="checkbox"/> Chipotle Turkey Burger | 490 | 38 | 33 | 1220 | 17 | 5 | 3 |
| <input type="checkbox"/> Cheeseburger | 405 | 29 | 37 | 1017 | 10 | 6 | 3 |
| <input type="checkbox"/> Classic Burger | 375 | 26 | 36 | 827 | 9.5 | 4.5 | 3 |
| <input type="checkbox"/> Veggie Burger | 275 | 24 | 44 | 1147 | 3 | 0 | 8 |
| <input type="checkbox"/> Bison Burger | 285 | 30 | 36 | 827 | 3 | 1 | 3 |
| <input type="checkbox"/> Swiss Melt Burger | 505 | 32 | 40 | 977 | 16 | 8 | 3 |

Signature Sandwiches

| | | | | | | | |
|--|-----|----|----|------|----|----|---|
| <input type="checkbox"/> Tomato Bruschetta | 615 | 16 | 48 | 1176 | 32 | 11 | 5 |
| <input type="checkbox"/> with chicken | 640 | 36 | 41 | 1080 | 30 | 7 | 2 |
| <input type="checkbox"/> Chipotle Chicken | 570 | 36 | 40 | 1310 | 22 | 7 | 2 |
| <input type="checkbox"/> Fire-Roasted Turkey & Swiss | 640 | 40 | 75 | 820 | 16 | 6 | 5 |

Chili

| | | | | | | | | |
|--|------|-----|----|----|------|-----|-----|----|
| <input type="checkbox"/> Hearty Three-Bean-Chili | cup | 230 | 13 | 35 | 1010 | 2 | 1.5 | 7 |
| | bowl | 330 | 17 | 53 | 1470 | 3 | 1.5 | 11 |
| <input type="checkbox"/> with chicken | cup | 300 | 26 | 36 | 1140 | 3 | 2 | 7 |
| | bowl | 400 | 30 | 53 | 1600 | 4 | 2 | 11 |
| <input type="checkbox"/> with steak | cup | 360 | 26 | 35 | 1070 | 6.5 | 4.5 | 7 |
| | bowl | 390 | 26 | 54 | 1570 | 4.5 | 2.5 | 11 |

UFood Grill Nutrition Facts

| | calories | protein (g) | carbs (g) | sodium (mg) | good fat (g) | sat. fat (g) | fiber (g) |
|--|----------|-------------|-----------|-------------|--------------|--------------|-----------|
|--|----------|-------------|-----------|-------------|--------------|--------------|-----------|

UBowls™

| | | | | | | | | |
|--|-------|-----|----|----|------|-----|-----|----|
| <input type="checkbox"/> Chopstick Chicken | lg | 589 | 36 | 90 | 1190 | 8.5 | 2.5 | 10 |
| | small | 352 | 20 | 55 | 612 | 5 | 1 | 7 |
| <input type="checkbox"/> Tofusion | lg | 540 | 21 | 93 | 1060 | 11 | 0 | 11 |
| | small | 336 | 15 | 57 | 542 | 7 | 0 | 8 |
| <input type="checkbox"/> Southwestern Chicken | lg | 530 | 33 | 77 | 740 | 7 | 2 | 9 |
| | small | 320 | 19 | 47 | 380 | 4 | 1 | 5 |
| <input type="checkbox"/> Portabella Chicken w/Broc | lg | 630 | 35 | 67 | 550 | 21 | 4 | 8 |
| | small | 362 | 20 | 43 | 282 | 11 | 2 | 6 |

Wraps & Burritos

| | | | | | | | | |
|--|-------|-----|----|-----|------|-----|-----|----|
| <input type="checkbox"/> Buffalo Bleu Chicken | lg | 590 | 37 | 60 | 1530 | 18 | 5 | 7 |
| | small | 410 | 21 | 44 | 1150 | 13 | 4 | 4 |
| <input type="checkbox"/> Caesar's Romaine | lg | 460 | 14 | 65 | 1390 | 12 | 5 | 7 |
| | small | 320 | 10 | 44 | 980 | 8 | 4 | 4 |
| <input type="checkbox"/> Chicken Caesar's Romaine | lg | 590 | 39 | 63 | 1600 | 15 | 5 | 7 |
| | small | 390 | 23 | 44 | 1110 | 8.5 | 4.5 | 4 |
| <input type="checkbox"/> Teriyaki Chicken & Broccoli | lg | 700 | 41 | 104 | 1480 | 9.5 | 3.5 | 10 |
| | small | 420 | 22 | 66 | 960 | 5.5 | 2.5 | 6 |
| <input type="checkbox"/> Steak Burrito | lg | 790 | 43 | 100 | 1560 | 13 | 11 | 10 |
| | small | 500 | 27 | 66 | 1250 | 7 | 7 | 6 |
| <input type="checkbox"/> Chicken Burrito | lg | 770 | 49 | 92 | 1400 | 12 | 10 | 10 |
| | small | 450 | 26 | 58 | 950 | 6 | 6 | 6 |

Grilled Entrees (nutrition doesn't include sides)

| | | | | | | | | |
|--|--|-----|----|----|------|-----|-----|---|
| <input type="checkbox"/> Kickin' Thai Chicken | | 430 | 51 | 22 | 900 | 10 | 4 | 1 |
| <input type="checkbox"/> BBQ Grilled Chicken | | 400 | 50 | 15 | 1000 | 9.5 | 3.5 | 0 |
| <input type="checkbox"/> Honey Mustard Chicken | | 500 | 50 | 34 | 470 | 9.5 | 3.5 | 0 |
| <input type="checkbox"/> Fire Grilled Sirloin Tips | | 410 | 48 | 20 | 1220 | 10 | 5 | 0 |

UFood Grill Nutrition Facts

| | calories | protein (g) | carbs (g) | sodium (mg) | good fat (g) | sat. fat (g) | fiber (g) |
|--|----------|-------------|-----------|-------------|--------------|--------------|-----------|
|--|----------|-------------|-----------|-------------|--------------|--------------|-----------|

Specialty Salads (does not include dressing)

| | | | | | | | | |
|--|--|-----|----|----|-----|----|-----|---|
| <input type="checkbox"/> UFood Bistro Salad | | 232 | 0 | 18 | 331 | 11 | 5.5 | 4 |
| <input type="checkbox"/> with chicken | | 392 | 33 | 18 | 441 | 16 | 6.5 | 4 |
| <input type="checkbox"/> Crispy Chicken Chopped Cobb | | 266 | 23 | 20 | 784 | 9 | 4 | 4 |
| <input type="checkbox"/> The Ultimate Caesar Salad | | 228 | 15 | 18 | 594 | 7 | 2 | 2 |
| <input type="checkbox"/> with chicken | | 388 | 40 | 18 | 704 | 13 | 4 | 2 |

Salad Dressings

| | | | | | | | | |
|--|--|-----|---|----|-----|----|-----|---|
| <input type="checkbox"/> Blueberry Pomegranate Vinaigrette | | 198 | 0 | 7 | 149 | 17 | 2.5 | 0 |
| <input type="checkbox"/> UFood Caesar Dressing | | 112 | 1 | 8 | 746 | 7 | 1 | 0 |
| <input type="checkbox"/> Light Done Right Ranch Dressing | | 124 | 0 | 12 | 656 | 7 | 1 | 0 |

Better Breakfast

| | | | | | | | | |
|--|--|-----|----|----|------|-----|-----|---|
| <input type="checkbox"/> Egg & Cheese Sandwich | | 590 | 33 | 86 | 1260 | 11 | 4 | 6 |
| <input type="checkbox"/> with turkey bacon | | 640 | 38 | 86 | 1570 | 14 | 6 | 6 |
| <input type="checkbox"/> with turkey sausage | | 660 | 41 | 87 | 1440 | 13 | 6 | 6 |
| <input type="checkbox"/> Egg White & Cheese Sandwich | | 450 | 26 | 85 | 1060 | 2.5 | 1.5 | 6 |
| <input type="checkbox"/> with turkey bacon | | 500 | 32 | 85 | 1370 | 6 | 3 | 6 |
| <input type="checkbox"/> with turkey sausage | | 520 | 34 | 86 | 1240 | 5.5 | 2.5 | 6 |
| <input type="checkbox"/> Egg & Cheese Burrito | | 420 | 24 | 39 | 1120 | 11 | 7 | 3 |
| <input type="checkbox"/> with turkey bacon | | 470 | 29 | 39 | 1430 | 15 | 8 | 3 |
| <input type="checkbox"/> with turkey sausage | | 490 | 32 | 40 | 1300 | 14 | 8 | 3 |
| <input type="checkbox"/> Egg White & Cheese Burrito | | 280 | 17 | 38 | 920 | 4 | 3.5 | 3 |
| <input type="checkbox"/> with turkey bacon | | 330 | 23 | 38 | 1230 | 7 | 5 | 3 |
| <input type="checkbox"/> with turkey sausage | | 350 | 25 | 39 | 1100 | 6.5 | 4.5 | 3 |
| <input type="checkbox"/> Whole Wheat Bagel | | 380 | 15 | 83 | 600 | 2 | 0 | 6 |
| <input type="checkbox"/> Oatmeal (cup) | | 320 | 6 | 67 | 480 | 2.5 | .5 | 5 |
| <input type="checkbox"/> Fresh Fruit Bowl | | 170 | 0 | 23 | 30 | 0 | 0 | 3 |

Desserts

| | | | | | | | | |
|---|------|-----|---|----|-----|---|---|---|
| <input type="checkbox"/> Original Tart UBerry | 4 oz | 90 | 3 | 20 | 60 | 0 | 0 | 0 |
| <input type="checkbox"/> Original Tart UBerry | 8 oz | 180 | 6 | 40 | 120 | 0 | 0 | 0 |

UFood Grill Nutrition Facts

| | calories | protein (g) | carbs (g) | sodium (mg) | good fat (g) | sat. fat (g) | fiber (g) |
|--|----------|-------------|-----------|-------------|--------------|--------------|-----------|
|--|----------|-------------|-----------|-------------|--------------|--------------|-----------|

Sides

| | | | | | | | | |
|---|--|-----|---|----|------|-----|-----|---|
| <input type="checkbox"/> UnFries™ | | 230 | 3 | 33 | 600 | 7.5 | 1.5 | 3 |
| <input type="checkbox"/> Whole-Grain Brown Rice | | 160 | 4 | 33 | 5 | 1.5 | 0 | 3 |
| <input type="checkbox"/> Fresh Steamed Broccoli | | 30 | 3 | 5 | 25 | 0 | 0 | 3 |
| <input type="checkbox"/> Steamed Veggie Medley | | 40 | 2 | 8 | 25 | 0 | 0 | 3 |
| <input type="checkbox"/> Sweet Potato Mash | | 160 | 3 | 33 | 105 | 2 | .5 | 2 |
| <input type="checkbox"/> Seasoned Black Beans | | 60 | 3 | 9 | 170 | .5 | 0 | 3 |
| <input type="checkbox"/> Side Caesar Salad (w/dressing) | | 222 | 8 | 17 | 1046 | 10 | 4 | 1 |

For UKids (nutrition doesn't include sides)

| | | | | | | | | |
|---|--|-----|----|----|-----|-----|-----|---|
| <input type="checkbox"/> Grilled Cheese | | 370 | 16 | 63 | 930 | 4.5 | 3.5 | 4 |
| <input type="checkbox"/> Oven Crisped Chicken Fingers | | 230 | 19 | 18 | 680 | 7.5 | 1.5 | 1 |
| <input type="checkbox"/> Crispy Chicken with Broccoli | | 260 | 22 | 23 | 705 | 7.5 | 1.5 | 4 |
| <input type="checkbox"/> Cheesburger | | 390 | 29 | 33 | 589 | 10 | 6 | 3 |

Smoothies™

| | | | | | | | | |
|---|--|-----|----|----|-----|----|---|---|
| <input type="checkbox"/> Pineapple Frapple | | 290 | 5 | 69 | 65 | 0 | 0 | 3 |
| <input type="checkbox"/> Passionate Peach | | 230 | 5 | 55 | 60 | 0 | 0 | 3 |
| <input type="checkbox"/> Blueberry Blitz | | 250 | 5 | 59 | 90 | .5 | 0 | 4 |
| <input type="checkbox"/> Goin' Bananas | | 270 | 18 | 47 | 240 | .5 | 0 | 2 |
| <input type="checkbox"/> Chocolate Peanut Butter Buzz | | 490 | 24 | 58 | 480 | 15 | 4 | 3 |
| <input type="checkbox"/> Orange Pineapple Whip | | 270 | 5 | 63 | 95 | 0 | 0 | 2 |
| <input type="checkbox"/> Mango Mayhem | | 300 | 1 | 74 | 40 | .5 | 0 | 4 |
| <input type="checkbox"/> Peachy Keen | | 250 | 1 | 66 | 0 | 0 | 0 | 3 |
| <input type="checkbox"/> Go Man-Go | | 260 | 5 | 62 | 90 | .5 | 0 | 4 |
| <input type="checkbox"/> Berrylicious | | 260 | 5 | 61 | 95 | .5 | 0 | 6 |
| <input type="checkbox"/> Açai Superberry | | 320 | 6 | 72 | 90 | 2 | 0 | 6 |
| <input type="checkbox"/> Strawbanilla | | 290 | 5 | 68 | 95 | .5 | 0 | 4 |

Feel good about the food you put in your body!