

Specialty Salads

		cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
UFood Bistro Salad (with dressing)		312	9	28	4	14	4
Crispy Chicken Chopped Cobb		331	35	18	3	12	3
Caesar Salad (with dressing)	side	146	6	7	1	9	3
	reg	291	13	15	3	15	6
Caesar Salad (with chicken + dressing)		401	30	15	3	18	7
Café Salad	side	153	8	10	3	7	2
	reg	167	9	13	4	8	2
Café Salad (with chicken)		277	26	13	4	11	3

Chili

Hearty Three- Bean-Chili	cup	359	20	46	13	9	2
	bowl	503	28	65	19	11	3
add steak	cup	648	48	66	19	16	4
	bowl	793	68	67	19	22	5
add chicken	cup	446	32	47	13	12	3
	bowl	544	37	65	19	12	3
add tofu	cup	386	20	48	14	13	3
	bowl	530	28	67	20	15	4

For UKids

Grilled Cheese		350	15	47	3	4	3
Oven Crisped Chicken Fingers		220	26	19	1	3	1

Smoothies™

Bananaberry no-Dairy		264	2	65	1	1	0
Berry Bonanza		287	1	68	4	1	0
Pineapple Frapple		305	5	71	1	1	0
Strawbanilla		344	5	78	1	1	0

Hi-Protein Prolattas®

Jammin' Berry		505	48	62	8	7	1
Chocolate Peanut Buttercup		560	55	36	6	21	2
Piña Prolatta		538	51	68	4	7	1
Monkey Mix		448	48	48	4	7	1

UFood Grillsm Nutrition Facts

Feel good
about the
food going
into your
body!

Fired-Up Burgers™

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)
Better Bacon Cheeseburger	615	34	55	3	17	10
Swiss Melt Burger	609	38	58	4	17	11
Chipotle Pepperjack Turkey Burger	620	39	57	4	13	13
Cheeseburger	569	32	55	3	14	9
Classic Burger	519	28	53	3	13	7

Signature Sandwiches

French Onion Chicken Melt	503	36	62	3	11	6
Chicken Bruschetta	436	33	41	4	10	4
Chipotle Chicken	506	33	44	4	11	10
Portabella Po'Boy	498	21	63	5	14	6
Fire-Roasted Turkey & Swiss	531	38	69	6	9	6
Texicali Turkey	539	41	45	4	11	11
Tomato Fresca	547	19	57	5	17	9

UBowls™ and Wraps

Chopstick Chicken	sm reg	270 438	14 25	51 79	6 7	1 2	0 0
Southwestern Chicken	sm reg	297 566	23 39	41 64	6 9	7 13	3 3
Tofusion	sm reg	247 415	7 13	48 77	4 6	3 6	0.5 1
Chicken Meatball Marinara	sm reg	648 750	58 61	57 75	2 3	8 13	7 7
Caesar's Romaine	sm reg	343 508	12 15	40 67	3 5	9 15	3 4
Caesar's Romaine (with chicken)	sm reg	384 591	21 33	40 67	3 5	9 16	3 4
BBQ Steak Tips & Broccoli Burro	sm reg	458 830	29 54	58 103	3 6	7 18	2 4
Chicken Parmigiana	sm reg	473 710	34 53	42 70	2 2	6 15	7 8
Santa Fe Veggie Burrito	sm reg	444 773	19 28	72 112	7 11	8 19	3 4
Santa Fe (chicken)	sm reg	485 886	28 46	72 118	7 13	9 19	3 4

UBowls™ and Wraps cont.

	cal	pro (g)	carbs (g)	fib (g)	good fat (g)	sat. fat (g)	
Santa Fe (steak)	sm reg	589 1063	39 67	73 114	7 11	13 29	5 7
Chicken Yaki-Maki Burro	sm reg	431 730	17 31	76 128	5 8	2 8	1 1
Portable Portabella	sm reg	376 541	17 21	39 64	3 5	8 18	6 6
Buffalo Bleu Chicken	sm reg	443 594	16 28	39 58	2 3	19 24	4 4

Grilled Entrees (w/o sides)

Fire-Grilled Sirloin Tips	sm reg	232 394	32 54	2 3	0 0	8 14	2 4
Turkey Medallions	sm reg	198 298	29 51	3 6	0 0	6 13	2 3
Citrus Grilled Chicken	sm reg	190 407	17 62	0.5 0.5	0 0	11 13	2 3
Kickin' Thai Chicken	sm reg	140 357	17 62	7 7	1 1	3 5	1 2
Enticin' Bison	sm reg	150 300	32 64	0 0	0 0	1 2	2 4
Twin Grill Platters (Choose two)							
Sirloin		232	32	2	0	8	2
Turkey		198	29	3	0	6	2
Chicken (no sauce)		164	31	0	0	3	1
Sides							
UnFries™		225	3	33	3	7	2
Whole-Grain Brown Rice		154	4	32	3	2	0
Fresh Steamed Broccoli		28	3	5	3	0	0
Steamed Veggie Medley		19	1	5	1	0	0
Sweet Potato Mash		115	2	26	4	1	0
Seasoned Black Beans		170	10	28	10	2	0

All nutrition information is based on average values for ingredients. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional differences may affect the nutrition values. You should expect some variation in the nutrient content of the products purchased in our restaurants.