

Want a little UFood Grill goodness at your next event or meeting? Call your favorite location and ask about our catering menu.

UFood Grill

California

Roseville – Westfield Galleria 916.780.3999

San Jose Coming soon!

Oakland – Oakland Airport Coming soon!

Florida

Naples 239.598.4456

Massachusetts

Boston – Downtown Crossing 617.451.0043

Boston – Landmark Center 857.254.0082

Boston – Logan Airport 617.561.8899

Watertown 617.923.7676

Boston – Logan Airport Terminal C Coming soon!

Texas

Dallas – DFW Airport 972.586.0380

Dallas – Parkland Hospital 214.879.1450

For updated locations, nutritional info, and other UFood Grill information, check us out at www.ufoodgrill.com.

For information on franchise opportunities, call us at 617.787.6000.

The entire UFood Grill menu is free of trans fat with the exception of small amounts that naturally occur in dairy and meat products. Prices do not include tax and selection may vary by location. Menu subject to change without notice.

UFood Restaurant Group is a publicly traded company. (OTCBB: UFFC)

Smoothies™

Made with fat-free yogurt and real whole fruit and berries.

- Pineapple Frapple**
pineapple. bananas. pineapple juice. vanilla yogurt.
- Passionate Peach**
peaches. strawberries. passionfruit juice. vanilla yogurt.
- Blueberry Blitz**
blueberries. apple juice. vanilla yogurt.
- Goin' Bananas**
bananas. skim milk. vanilla bean. vanilla yogurt.
- Chocolate Peanut Butter Buzz**
mocha. peanut butter. skim milk. vanilla bean. vanilla yogurt.
- Orange Pineapple Whip**
pineapple. vanilla yogurt. orange juice.
- Mango Mayhem**
mangos. bananas. orange juice.
- Peachy Keen**
peaches. strawberries. passionfruit juice.
- Go Man-Go**
mangos. bananas. strawberries. vanilla yogurt. apple juice.
- Berrylicious**
blueberries. strawberries. raspberries. vanilla yogurt. apple juice.
- Açai Superberry**
açai sorbet. strawberries. raspberries. vanilla yogurt. pomegranate juice.
- Stawbanilla**
strawberries. bananas. apple juice. vanilla yogurt.

UBerry™ Tart Soft Serve Yogurt

Loaded with probiotic cultures and a great source of calcium, protein and B vitamins.

- Original Tart, Raspberry Tart or Swirl (4 oz. or 8 oz.)**

Toppings:

- Fresh Strawberries
- Fresh Raspberries
- Fresh Blueberries
- Walnuts
- Dried Cranberries
- Granola

Only
90 cal per
4 oz

UFood Grill.™

Food that starts with U.

We've created a great-tasting menu using these guidelines:

- **We bake, grill, steam, never fry. No added trans fats ever.**
- **All-natural ingredients with no artificial flavors or colors.**
- **Whole-grain brown rice, breads, and tortillas.**
- **Lite dressings, lean meats, and lower-fat cheeses.**
- **Organic ingredients and hormone-free and antibiotic-free meats whenever possible.**
- **Lots of vegetarian items that are tasty enough for meat eaters too!**

Since we prepare our food fresh, feel free to customize your order. We don't mind at all!

Our Commitment

We take great care to use the most wholesome available ingredients in the food we make. This means working with our suppliers to source all-natural products that are minimally processed. We are committed to working with producers who understand that 'healthy' food begins with how it is grown and raised and will continue to seek out partners who share this commitment.



UFood Grill™
feel great. eat smart.

UFood Grill.™ Menu

We bake,
grill, steam,
never fry.
No added
trans fats
ever.

Fired-Up Burgers™

All burgers available in **100% USDA Choice ground lean beef, turkey, veggie, and all-natural, free-range bison**. Served on a multigrain or sesame seed bun, unless you prefer it bun-less. All burgers come with lettuce, tomatoes, pickles and ketchup.

- Better Bacon Cheeseburger***
100% usda choice ground lean beef. american. turkey bacon.
- Swiss Melt Burger***
100% usda choice ground lean beef. swiss. grilled onions.
- Chipotle Pepperjack Turkey Burger**
turkey burger. jalapeno jack. spicy chipotle mayo.
- Veggie Burger**
 With Cheese
vegan. high protein.
- Cheeseburger***
100% usda choice ground lean beef. american.
- Classic Burger***
100% usda choice ground lean beef.

Signature Sandwiches

- Tomato Bruschetta**
 With Chicken
italian-seasoned tomatoes. feta. olive oil. ciabatta.
- Chipotle Chicken**
chicken breast. jalapeno jack. chipotle mayo. lettuce. tomatoes. pickles. onion. ciabatta.
- Fire-Roasted Turkey & Swiss**
sliced turkey. swiss. cranberry chutney. organic mixed greens. tomatoes. lite mayo. whole-grain wheatberry bread.

What is the check box for?

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

UBowls™

Served over 100% natural whole-grain brown rice.

- Chopstick Chicken (small or large)**
chicken. broccoli. carrots. teriyaki thai chili sauce.
- Tofusion (small or large)**
organic tofu. veggies. ginger-soy glaze.
- Portabella Chicken with Broccoli (small or large)**
chicken. balsamic-marinated portabellas. broccoli. tomatoes.
- Southwestern Chicken (small or large)**
chicken. black beans. corn salsa.

Wraps & Burritos

Trans-fat free white or whole-wheat tortilla.

- Caesar's Romaine Wrap (small or large)**
 With Chicken
tomatoes. parmesan. our caesar dressing. tortilla.
- Steak Burrito* (small or large)**
 Substitute Chicken
steak. seasoned black beans. salsa. cheddar. lettuce. lite sour cream. whole-grain brown rice. tortilla.
- Buffalo Bleu Chicken Wrap (small or large)**
chicken. lettuce. tomatoes. bleu cheese buffalo sauce. tortilla.
- Teriyaki Chicken & Broccoli Wrap (small or large)**
chicken. broccoli. carrots. teriyaki thai chili sauce. whole-grain brown rice. tortilla.

Chili

- Hearty Three-Bean Chili (cup or bowl)**
 With Steak or Chicken
black, red, and pinto beans. southwest spices. topped with a pinch of cheddar.

Grilled Entrees

Your choice of any two sides.

- Fire-Grilled Sirloin Tips***
100% usda choice sirloin. spicy-sweet bbq sauce.
- Kickin' Thai Chicken**
chicken breast. sweet-spicy thai chili sauce.
- Honey Mustard Chicken**
chicken breast. zesty honey mustard sauce.
- BBQ Grilled Chicken**
chicken breast. spicy-sweet bbq sauce.

Sides

- 3-4-U Side Plate**
choose any 3 sides to make a meal.
- UnFries™**
100% trans-fat free oven-baked french fries.
- Whole-Grain Brown Rice**
100% natural with a nutty aroma.
- Fresh Steamed Broccoli**
- Steamed Veggie Medley**
a rainbow of fresh, crisp-tender steamed veggies.
- Sweet Potato Mash**
creamy goodness with a hint of cinnamon and spice.
- Seasoned Black Beans**
simmered with southwestern spices.
- Side Caesar Salad**
romaine. parmesan. tomatoes. croutons. our caesar dressing.

We strive to use natural, hormone-free and antibiotic-free meats and poultry.

Try our vegetarian items!



Swap any meat with organic tofu



Specialty Salads

Salads come with Chef's recommended dressing. Ask us if you'd like another choice. All dressings are served on the side.

- UFood Bistro Salad**
 With Grilled Chicken
organic mixed greens. tomatoes. feta. walnuts. cranberries. blueberry-pomegranate vinaigrette.
- Crispy Chicken Chopped Cobb**
chicken. turkey bacon. organic mixed greens. tomatoes. cheddar. cucumber. lite sour cream. ranch dressing.
- The Ultimate Caesar**
 With Grilled Chicken
romaine. parmesan. tomatoes. croutons. our caesar dressing.

We use lite dressings & lower-fat cheeses.

Better Breakfast

- Egg & Cheese Sandwich**
 With Turkey Bacon or Turkey Sausage
scrambled eggs. cheddar. toasted whole-wheat bagel.
- Egg & Cheese Breakfast Burrito**
 With Turkey Bacon or Turkey Sausage
scrambled eggs. cheddar. tortilla.
- Steel Cut Oatmeal**
- Fresh Fruit Bowl**
- Fresh Whole Seasonal Fruit**
- Whole Wheat Bagel**

Or substitute egg whites

For UKids

UnFries™ and kid-size fountain drink or milk included.

- Oven Crisped Chicken Fingers**
breaded chicken tenders.
- Grilled Cheese**
american. wheatberry bread.
- Crispy Chicken with Broccoli**
breaded chicken tenders. broccoli.
- Cheeseburger***
whole-wheat bun. american. ketchup.

Menu subject to change without notice.