

UFood Grill Dietary Guide

VEGETARIAN

Fired-Up Burgers™: Veggie Burger

Sandwiches: Tomato Bruschetta

UBowls™: Tofusion

Wraps: Fresh Falafel

Paninis: Margherita

Sides: All

Specialty Salads: UFood Bistro Salad
Greek 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: 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

UFood Grill Dietary Guide

LOW CARB

Fired-Up Burgers: All (just order bunless)

Wraps: Buffalo Bleu Chicken (no tortilla)
Fresh Falafel (no tortilla)
Hamburger (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 (without tortilla): Buffalo Bleu Chicken
Hamburger

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

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!

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.
- Good Fat = Total Fat – Saturated Fat – Trans Fat

UFood Grill Nutrition Facts

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

Signature Sandwiches

| | | | | | | | |
|-----------------------------|-----|----|----|------|----|-----|---|
| Mighty Chicken | 479 | 33 | 41 | 940 | 19 | 4.5 | 3 |
| Tomato Bruschetta | 510 | 10 | 42 | 820 | 27 | 7 | 3 |
| with chicken | 640 | 36 | 41 | 1080 | 30 | 7 | 2 |
| Chipotle Chicken | 571 | 36 | 39 | 1239 | 30 | 7 | 2 |
| Fire-Roasted Turkey & Swiss | 521 | 38 | 69 | 628 | 9 | 6 | 6 |

Paninis

| | | | | | | | |
|---------------------|-----|----|----|------|----|---|---|
| Margherita | 420 | 16 | 56 | 970 | 10 | 5 | 3 |
| Chicken Pesto | 630 | 41 | 49 | 1070 | 23 | 7 | 2 |
| Southwestern Turkey | 610 | 32 | 49 | 1080 | 27 | 5 | 2 |

UFood Grill Nutrition Facts

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

UBowls™

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

Wraps

| | | | | | | | |
|-----------------------------|-----|----|-----|------|----|---|---|
| Chicken Parmigiana | 800 | 46 | 87 | 2560 | 19 | 8 | 5 |
| Buffalo Bleu Chicken | 650 | 37 | 62 | 1810 | 21 | 4 | 3 |
| Teriyaki Chicken & Broccoli | 740 | 40 | 111 | 1880 | 10 | 2 | 7 |
| Fresh Falafel | 730 | 19 | 79 | 1850 | 31 | 4 | 7 |
| Hamburger | 640 | 37 | 62 | 1710 | 16 | 7 | 4 |

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 |

Grilled Entrees (nutrition doesn't include sides)

| | | | | | | | |
|---------------------------|-----|----|----|------|----|---|---|
| Kickin' Thai Chicken | 380 | 44 | 22 | 870 | 9 | 3 | 1 |
| BBQ Grilled Chicken | 395 | 49 | 9 | 287 | 9 | 3 | 0 |
| Honey Mustard Chicken | 450 | 43 | 34 | 440 | 8 | 3 | 0 |
| Fire Grilled Sirloin Tips | 410 | 48 | 20 | 1220 | 11 | 4 | 0 |

UFood Grill Nutrition Facts

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

Specialty Salads (nutrition includes dressing)

| | | | | | | | |
|---------------------------------|-----|----|----|------|----|---|---|
| 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 |
| Greek Salad with chicken | 310 | 8 | 20 | 1120 | 16 | 7 | 3 |
| | 450 | 29 | 20 | 1210 | 19 | 9 | 3 |

Chili

| | | | | | | | | |
|-------------------------|------|-----|----|----|------|---|-----|----|
| Hearty Three-Bean-Chili | cup | 230 | 13 | 35 | 1010 | 2 | 1.5 | 7 |
| | bowl | 330 | 17 | 53 | 1470 | 3 | 1.5 | 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 |

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 |

UFood Grill Nutrition Facts

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

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 |

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 |
| Açaí 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 |

Feel good about the food you put in your body!

