

# UFood Grill Dietary Guide

## VEGETARIAN

**Fired-Up Burgers™:** Veggie Burger

**Sandwiches:** Tomato Bruschetta  
Roasted Portabella

**UBowls™:** Tofusion

**Wraps, Burritos and Roll-Ups:** Falafel Roll-Up  
UFood Burrito w/tofu

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

**Specialty Salads:** UFood Bistro Salad

**Chili:** Hearty Three-Bean Chili

## LOW CARB

**Fired-Up Burgers:** All (just order bunless)

**Wraps:** Portable Portabella (no tortilla)  
Buffalo Bleu Chicken (no tortilla)

**Grilled Entrees:** All

**Sides:** Fresh Steamed Broccoli  
Steamed Veggie Medley

**Specialty Salads:** UFood Bistro Salad  
Crispy Chicken Chopped Cobb

## EXTREMELY LEAN

**UBowls:** Tofusion

**Grilled Entrees:** Kickin' Thai Chicken  
Enticin' Bison  
Honey Mustard Chicken  
BBQ Chicken

# UFood Grill Dietary Guide

## GLUTEN FREE

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

**UBowls:** Southwestern Chicken  
Portabella Chicken with Broccoli

**Wraps (without tortilla):** Buffalo Bleu Chicken  
Portable Portabella  
Santa Fe Veggie Burrito  
BBQ Steak Tips & Broccoli

**Grilled Entrees:** Fire-Grilled Sirloin Tips  
Turkey Medallions  
Citrus Grilled Chicken  
Enticin' Bison

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

**Specialty Salads:** UFood Bistro Salad  
Café Salad  
Crispy Chicken Chopped Cobb (w/  
grilled chicken)

**Chili:** Hearty Three-Bean Chili

## REDUCED SODIUM

**Grilled Entrees:** Fire-Grilled Sirloin Tips  
Turkey Medallions  
Citrus Grilled Chicken  
Enticin' Bison

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

**Specialty Salads:** Side Café Salad

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. Nutrition content is rounded to the nearest whole number. Items vary by location.

# 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™

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Better Bacon Cheeseburger	615	34	55	17	10	3
Swiss Melt Burger	609	38	58	17	11	4
Bison Burger	390	26	28	12	8	4
Chipotle Turkey Burger	620	39	57	13	13	4
Veggie Burger	321	20	43	3	1	7
Cheeseburger	569	32	55	14	9	3
Classic Burger	519	28	53	13	7	3

### Signature Sandwiches

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Tomato Bruschetta with chicken	547	19	57	17	9	5
	436	33	41	10	4	4
Chipotle Chicken	506	33	44	11	10	4
Fire-Roasted Turkey & Swiss	531	38	69	9	6	6
Roasted Portabella	413	19	40	0	7	6
Mediterranean Ham	393	28	35	1	6	7
French Onion Chicken Melt	503	36	62	11	6	3
Texicali Turkey	539	41	45	11	11	4

### Chili

	cup	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Hearty Three-Bean-Chili	cup	359	20	46	9	3	13
	bowl	503	28	65	11	3	19
with steak	cup	648	48	46	16	4	19
	bowl	793	68	65	22	5	19
with chicken	cup	446	32	47	12	3	13
	bowl	544	37	65	12	3	19
with tofu	cup	386	20	48	13	3	14
	bowl	530	28	67	15	4	20

## UFood Grill Nutrition Facts

### Specialty Salads (nutrition includes dressing)

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
UFood Bistro Salad with chicken	312	9	28	14	4	3
	447	31	29	18	5	3
Crispy Chicken Chopped Cobb	331	35	18	12	3	3
The Ultimate Caesar with chicken	291	13	15	15	6	3
	405	30	15	18	7	3

### UBowls™

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Chopstick Chicken	438	25	79	2	0	7
Tofusion	415	13	77	6	1	6
Portabella Chicken w/ Broccoli	640	23	81	21	4	10
Southwestern Chicken	566	39	64	13	3	9

### Wraps, Burritos and Roll-Ups

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Chicken Parmigiana Wrap	710	53	70	15	8	2
Buffalo Bleu Chicken Wrap	594	28	58	24	4	3
Chicken Meatball Marinara Wrap	878	81	84	15	7	3
BBQ Beef & Broccoli Wrap	830	54	103	18	4	6
Teriyaki Chicken & Broccoli Wrap	730	31	128	8	1	8
UFood Burrito with chicken	773	28	112	19	4	11
with steak	886	46	118	19	4	13
with tofu	1063	67	114	29	7	11
	843	35	115	22	4	9
Santa Fe Veggie Burrito	773	28	112	19	4	11
Falafel Roll-Up	750	25	82	31	3	14
Caesar's Romaine Roll-Up with chicken	430	19	49	11	7	3
	650	32	62	22	9	4

## UFood Grill Nutrition Facts

### Smoothies™

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Pineapple Frapple	286	5	70	0	0	3
Passionate Peach	240	6	56	0	0	2
Blueberry Blitz	230	4	56	0	0	5
Goin' Bananas	244	17	46	0	0	2
Chocolate Peanut Butter Buzz	506	29	88	8	10	5
Orange Pineapple Whip	250	4	60	0	0	0
Mango Mayhem	310	2	78	0	0	4
Peachy Keen	290	3	70	0	0	3
Go Man-Go	250	5	64	0	0	4
Berrylicious	219	5	53	0	0	3
Açaí Superberry	290	6	66	0	2	3
Strawbanilla	253	5	63	0	0	4

### Grilled Entrees

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Kickin' Thai Chicken	357	62	7	5	2	1
BBQ Chicken Grill	259	39	18	2	1	0
Honey Mustard Chicken	310	38	20	4	1	1
Fire Grilled Sirloin Tips	394	54	3	14	4	0
Turkey Medallions	298	51	6	13	3	0
Citrus Grilled Chicken	407	62	1	13	3	0
Enticin' Bison	300	64	0	2	4	0

### For UKids

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Grilled Cheese	300	12	45	3	3	3
Oven Crisped Chicken Fingers	220	26	19	3	1	1

## UFood Grill Nutrition Facts

### Sides

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
UnFries™	255	3	33	7	2	3
Whole-Grain Brown Rice	154	4	32	2	0	3
Fresh Steamed Broccoli	28	3	5	0	0	3
Steamed Veggie Medley	19	1	5	0	0	1
Sweet Potato Mash	115	2	26	1	0	4
Seasoned Black Beans	170	10	28	2	0	10
Side Salad (no dressing)	24	2	5	0	0	2

### Better Breakfast

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Egg & Cheese Sandwich with turkey bacon	460	33	63	7	2	9
	630	45	65	19	6	9
	580	42	69	11	4	9
Egg & Cheese Burrito with turkey bacon	580	32	74	12	5	4
	690	40	75	18	7	4
	640	37	77	15	5	4
Egg White & Cheese Burrito with turkey bacon	480	28	67	7	3	4
	590	37	68	12	6	4
	540	33	70	9	4	4
Fresh Fruit Bowl	160	2	41	0	0	4
Yogurt & Granola	311	14	40	0	2	4

### Desserts

	cal	pro (g)	carbs (g)	good fat (g)	sat. fat (g)	fiber (g)
Chocolate Chip Cookie	439	4	60	0	14	2
Oatmeal Raisin Cookie	299	4	46	0	8	2
Original Tart UBerry	90	3	20	0	0	0
Original Tart UBerry	180	6	40	0	0	0



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