

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

Bedford 781.271.1100

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 Coming soon!

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)

Smuuthies™

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.

Enhancers 4U Customize your smuuthie (it's all about U)

**Antioxidant
Performance
Muscle Recovery
Intelligence
Immune**

**Bee Pollen
Energy
Protein
Super Protein**

UBerry™ Tart Soft Serve Yogurt

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

Original Tart, Wildberry Tart or Swirl

Original
Tart has 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.™ Menu

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



UFood Grill™
feel great. eat smart.

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.

Chipotle Turkey Burger

turkey burger. jalapeno jack. spicy chipotle mayo.

Veggie Burger

vegan. high protein.

Classic Burger*

100% usda choice ground lean beef.

Bison Burger*

all-natural, free-range bison.

Signature Sandwiches

Mighty Chicken Sandwich

chicken breast. romaine. radicchio. iceberg. almonds. our caesar dressing. sesame roll.

Tomato Bruschetta

With Chicken

italian-seasoned tomatoes. feta. olive oil. ciabatta.

Chipotle Chicken

chicken breast. jalapeno jack. chipotle mayo. lettuce. tomatoes. pickles. ciabatta.

Fire-Roasted Turkey & Swiss

sliced turkey. swiss. cranberry chutney. organic mixed greens. tomatoes. lite mayo. whole-grain wheatberry bread.

Make it a meal!

**Add UnFries™
and a drink.**

* Reminder: consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs containing harmful bacteria may increase your risk of food borne illness.

UBowls™

Served over **100% natural whole-grain brown rice**.

Chopstick Chicken

chicken. broccoli. carrots. teriyaki thai chili sauce.

Tofusion

organic tofu. veggies. ginger-soy glaze.

Southwestern Chicken

chicken. black beans. corn salsa.

Wraps

Trans-fat free white or whole-wheat tortilla.

Chicken Parmigiana

breaded baked chicken breast. mozzarella. marinara. parmesan.

Buffalo Bleu Chicken

chicken. lettuce. tomatoes. bleu cheese buffalo sauce.

Teriyaki Chicken and Broccoli

chicken. broccoli. carrots. teriyaki thai chili sauce. whole-grain brown rice.

Fresh Falafel

baked falafel. roasted red pepper hummus. pickled beets. lettuce. tomatoes. spicy tahini sauce.

Hamburger*

1/3 lb 100% USDA choice ground lean beef. pickles. tomatoes. lettuce. ketchup. mustard.

Grilled Paninis

Margherita

With Chicken

tomatoes. mozzarella. fresh basil. flatbread.

Chicken Pesto

chicken breast. pesto. tomatoes. mozzarella. flatbread.

Southwestern Turkey

sliced turkey. turkey bacon. tomatoes. chipotle mayo. fresh basil. fresh cilantro. flatbread.

Try our
vegetarian
items!

Swap any
meat with
organic
tofu.

Grilled Entrees

Your choice of any two sides.

Fire-Grilled Sirloin Tips*

100% usda choice sirloin. spicy-sweet bbq sauce.

Honey Mustard Chicken

chicken breast. zesty honey mustard sauce.

Kickin' Thai Chicken

chicken breast. sweet-spicy thai chili sauce.

BBQ Grilled Chicken

chicken breast. spicy-sweet bbq sauce.

Specialty Salads

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

Greek Salad

With Grilled Chicken

organic mixed greens. romaine. cucumbers. tomatoes. onions. feta. olives. pepperoncini. greek dressing.

UFood Bistro Salad

With Grilled Chicken

organic mixed greens. tomatoes. feta. walnuts. cranberries. blueberry-pomegranate vinaigrette.

Crispy Chicken Chopped Cobb

breaded baked chicken. romaine. turkey bacon. tomatoes. cucumber. cheddar. fat-free ranch.

Snack Wraps

Your choice of baked or grilled chicken.

Thai Chili Chicken Snack Wrap

chicken. thai chili sauce. lettuce. tomato. tortilla.

BBQ Ranch Chicken Snack Wrap

chicken. bbq ranch sauce. lettuce. tomato. tortilla.

Chipotle Chicken Snack Wrap

chicken. chipotle sauce. lettuce. tomato. tortilla.

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

We use lite
dressings &
lower-fat
cheeses.

Soup and Chili

Seasonal Soup (cup or bowl)

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

U Choose 2

choose any 2 to make a meal:
cup of soup, half sandwich, half panini, side café salad

Sides

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 Café Salad

organic field greens. grape tomatoes. cucumbers. carrot julienne. balsamic vinaigrette.

For UKids

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

Oven Crisped Chicken Fingers

breaded chicken tenders.

Grilled Cheese

american. wheatberry bread.

