

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 916.791.3777

San Jose Coming soon!

### Florida

Miami and Ft. Lauderdale Coming soon!

Naples 239.598.4456

### Massachusetts

Bedford Coming soon!

Boston – Downtown Crossing Coming soon!

Boston – Landmark Center Coming soon!

Boston – Logan Airport 617.561.8899

Waltham Coming soon!

Watertown Coming soon!

### Illinois

Chicago Coming soon!

For updated locations, nutritional info, and other UFood Grill information, check us out at [www.ufoodgrill.com](http://www.ufoodgrill.com).

For information on Franchise opportunities, call us at (617) 787-6000.

**BOSTON LOGAN AIRPORT  
TERMINAL B**

**(617) 561-8899**

## Smoothies™ 4.29

### Bananaberry no-Dairy

banana. strawberries. orange juice.

### Berry Bonanza

blueberries. strawberries. raspberries. cranberry juice. raspberry sherbet.

### Pineapple Frapple

pineapple. banana. pineapple juice. fat-free vanilla yogurt.

### Strawbanilla

strawberries. banana. apple juice. fat-free vanilla yogurt.

## Hi-Protein Prolattas® 4.99

Protein-packed power shakes. 100% whey isolate sustained release blend.

### Jammin' Berry

protein fuel. strawberries. cranberry juice. raspberry sherbet.

### Chocolate Peanut Buttercup

protein fuel. low-fat chocolate yogurt. peanut butter.

### Piña Prolatta

protein fuel. pineapple juice. banana. pineapple. fat-free vanilla yogurt.

### Monkey Mix

protein fuel. low-fat chocolate yogurt. banana.

## Hi-Protein Proccinos™ 4.99

Protein-packed power shakes. 100% whey isolate sustained release blend.

### Mocha Java Jolt

protein fuel. coffee. low-fat chocolate yogurt.

### Peanut Butter Boost

protein fuel. all-natural peanut butter. coffee. fat-free vanilla yogurt.

## Other Drinks

### Fountain Beverages

### Bottled Water

### Iced Tea

### Coffee

### Hot Tea

### Assorted Bottled Drinks

## Desserts

### Assorted Cookies

The entire UFood Grill menu is free of transfat 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.

Made  
with  
real  
fruit!

Add UnFries™  
and your choice  
of bottled water  
or fountain drink  
to any meal for  
only \$2.49.



### UFood Grill.™

Where delicious meets nutritious.

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

- We bake, grill, steam, never fry. No added trans fat ever.
- Organic, all natural and free-range foods whenever possible.
- Whole grain brown rice and breads.
- Lite dressings and reduced-fat cheeses.
- Lots of vegetarian items that are tasty enough for meat eaters too!






We encourage you to customize your food to your taste.

[www.ufoodgrill.com](http://www.ufoodgrill.com)

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

Tomato Bruschetta with Chicken

## Better Breakfast

-  **Egg & Cheese Sandwich** 3.29  
With Turkey Bacon, Sausage, or Steak cheddar cheese. toasted whole-wheat english muffin. 3.99
-  **Fresh Fruit Bowl** 3.69
-  **Yogurt & Granola** 2.99
-  **Fresh Whole Seasonal Fruit** .99
-  **Assorted Bagels and Muffins**

## Fired-Up Burgers™

Topped with lettuce, tomatoes, sweet red onion and pickles. **100% USDA Choice ground beef, turkey, or veggie**, served on a whole-wheat bun.

- Better Bacon Cheeseburger\*** 5.99  
100% usda choice ground beef. american. turkey bacon.
- Swiss Melt Burger\*** 5.99  
100% usda choice ground beef. swiss. grilled onions.
- Chipotle Turkey Burger** 5.99  
turkey burger. jalapeno jack. spicy chipotle mayo. salsa.
-  **Veggie Burger** 3.99  
With Cheese 4.99  
100% vegan soy protein and grain patty.
- Cheeseburger\*** 4.99  
100% usda choice ground beef. american.
- Classic Burger\*** 3.99  
100% usda choice ground beef.

Our burgers are all natural

 is for vegetarian




Caesar's Romaine with Chicken Wrap

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

## UBowls™

Made with **100% natural whole-grain brown rice.**

- Chopstick Chicken** 6.49  
chicken. broccoli. carrots. teriyaki thai chili sauce.
-  **Tofusion** 6.49  
organic tofu. veggies. ginger-soy glaze.



Chopstick Chicken UBowl™


## Wraps & Burritos

Made with **100% trans-fat free white or whole wheat tortillas.**

- Chicken Parmigiana** 6.99  
baked chicken breast. mozzarella. marinara. parmesan.
-  **Caesar's Romaine** 4.79  
With Chicken 6.59  
tomatoes. croutons. parmesan. caesar dressing.
- Steak Burrito** 6.99  
With Chicken 6.79  
steak. seasoned black beans. salsa. cheddar. lettuce. lite sour cream.
- Buffalo Bleu Chicken** 5.79  
chicken. lettuce. tomatoes. bleu cheese buffalo sauce.

Swap any meat with organic tofu


## Signature Sandwiches

-  **Tomato Bruschetta** 4.99  
With Chicken 6.79  
tomatoes. feta. olive oil. black pepper. ciabatta.
- Chipotle Chicken** 4.99  
chicken. jalapeno jack. lite chipotle mayo. lettuce. tomatoes. pickles. onion. ciabatta.
- Fire-Roasted Turkey & Swiss** 5.99  
turkey breast. swiss. cranberry chutney. organic greens. lite mayo. whole-grain wheat berry bread.






 is for vegetarian

## Grilled Entrees

Your choice of any two sides.

- Kickin' Thai Chicken** 10.99  
chicken breast. sweet-spicy thai chili sauce.
- Fire-Grilled Sirloin Tips\*** 12.99  
100% usda choice sirloin. sweet-spicy bbq sauce.
-  **3-4-U Side Plate** 5.99  
choose any three sides to make a meal.

## Sides

-  **UnFries™** 1.59  
100% trans-fat free oven-baked french fries.
-  **Whole-Grain Brown Rice** 1.99  
100% natural with a nutty aroma.
-  **Steamed Veggie Medley** 1.99  
a rainbow of fresh, crisp-tender steamed veggies.
-  **Sweet Potato Mash** 1.99  
creamy goodness with a hint of cinnamon and spice.
-  **Side Salad** 2.49  
organic field greens. grape tomatoes. cucumbers. carrot julienne. balsamic vinaigrette.



Fire-Grilled Sirloin Tips

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

 is for vegetarian

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We use lite dressings and reduced fat cheeses.

UFood Bistro Salad

## Specialty Salads

Choose your own lite dressing: Balsamic Vinaigrette, Ranch, Caesar, Blueberry-Pomegranate Vinaigrette, and Bleu Cheese.

-  **UFood Bistro Salad** with organic field greens 5.49  
grape tomatoes. feta. walnuts. cranberries. blueberry-pomegranate vinaigrette on the side.
- Crispy Chicken Chopped Cobb** with organic lettuce 6.99  
turkey bacon. tomatoes. cheddar. cucumber. lite sour cream. ranch dressing on the side.
- The Ultimate Caesar** 4.99  
With Grilled Chicken 6.79  
romaine. parmesan. tomatoes. croutons. caesar dressing on the side.

## For UKids

Comes with kid size UnFries™

- Oven Crisped Chicken Fingers** 3.99  
breaded chicken tenders.



Add UnFries™ and your choice of bottled water or fountain drink to any meal for only \$2.49.

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