



4041 E Tremont Ave,  
Bronx, NY 10465  
(718) 822-6991

## HEALTHY WRAPS

Calorie range 500 - 730

Includes choice of any Lower Carb or Power Side

### Rocky

Chicken or steak, turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap.  
Chicken \$8.99  
Steak \$11.99



### MMG Signature

Chicken or steak, turkey bacon, reduced fat cheddar, power blend of romaine, spinach and baby kale, tomatoes, red onions and zero carb signature sauce in a jalapeño wrap.  
Chicken \$8.99 | Steak \$11.99



### Santa Fe

Chicken or steak, turkey bacon, red beans and brown rice, reduced fat cheddar and zero carb signature sauce in a jalapeño wrap.  
Chicken \$8.99 | Steak \$11.99

### Turkey Burger Wrap

Lean ground turkey, turkey bacon, reduced fat cheddar and fat free secret sauce in a whole wheat wrap. \$8.99

### Veggie \*Vegetarian\*

Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a garlic herb wrap. \$8.99

### Turkey Meatball

Turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap. \$8.99

### Tex-Mex Fajita

Chicken or steak, sautéed green peppers and onions, reduced fat cheddar, fat free sour cream and salsa in a jalapeño wrap.  
Chicken \$8.99 | Steak \$11.99

### Chicken Caesar Wrap

Chicken or steak, power blend of romaine, spinach and baby kale, zero carb Caesar dressing and Parmesan in a spinach wrap.  
Chicken \$8.99  
Steak \$11.99



### BBQ Wrap

Chicken or steak, reduced fat cheddar, brown rice and fat free BBQ sauce in a whole wheat wrap.  
Chicken \$8.99 | Steak \$11.99

### Yee-Ha! Wrap

Chicken or steak, western potatoes, turkey bacon and zero carb signature sauce in a jalapeño wrap.  
Chicken \$8.99 | Steak \$11.99

### Add-ons

Fat Free Sour Cream \$0.75  
Reduced Fat Cheese \$0.75

Jalapeños \$0.75  
Extra Sauce \$0.75

Turkey Bacon \$0.99  
Avocado \$1.99

Spinach \$1.99

## SIDES

### LOWER CARB SIDES

Calorie range 25 - 240

All lower carb sides \$2.99

- Baby Kale
- Caesar Salad
- Cucumber Salad
- Edamame
- Quinoa
- Savory Spinach
- Steamed Broccoli
- Vegetable Medley

### POWER SIDES

Calorie range 100 - 180

All power sides \$2.99

- Baked Potato
- Brown Rice
- Brown Rice & Beans
- Pasta Salad
- Western Potatoes

### UPGRADED SIDES

Calorie range 110 - 300

- Avocado Smash \$3.99
- Cauliflower Rice \$3.99
- Regular or Sweet Potato Fries \$3.99
- Turkey Chili \$3.99
- Turkey Meatballs \$3.99
- Grilled Chicken \$4.99
- Shrimp \$5.99
- Grass Fed Steak \$7.99

## FIT BOWLS

Calorie range 320- 450

### Arizona GF

Chicken or steak, turkey bacon, tomatoes, scallions and zero carb signature sauce over brown rice. Chicken \$10.99 | Steak \$13.99

### Grilled Fit Bowl GF

Chicken or steak, broccoli and brown rice. Chicken \$10.99 | Steak \$13.99

### Godfather GF

Chicken or steak, portabella mushrooms, roasted red peppers, part skim mozzarella and fat free balsamic vinaigrette over broccoli.  
Chicken \$10.99  
Steak \$13.99



### Turkey Chili Bowl GF

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, fat free sour cream, tomatoes and scallions over brown rice. \$10.99



### Santa Ana GF

Chicken or steak, turkey bacon, reduced fat cheddar and zero carb signature sauce over red beans and brown rice.  
Chicken \$10.99 | Steak \$13.99

### Cajun Penne

Cajun chicken or steak, tomatoes, scallions and a red wine sauce over whole wheat pasta.  
Chicken \$10.99 | Steak \$13.99

### El Mexicana GF

Chicken or steak, sautéed green peppers and onions, reduced fat cheddar, salsa, tomatoes and scallions over red beans and brown rice.  
Chicken \$10.99  
Steak \$13.99



### Sesame Teriyaki Penne

Chicken or steak, sesame seeds and teriyaki sauce served over whole wheat pasta. Chicken \$10.99 | Steak \$13.99

### Vodka & Penne

Chicken or steak, reduced fat vodka sauce and Parmesan over whole wheat pasta.  
Chicken \$10.99  
Steak \$13.99



### Teriyaki Stir Fry

Chicken or steak, portabella mushrooms, sautéed green peppers and onions, carrots, sesame seeds and teriyaki sauce over brown rice. Chicken \$10.99 | Steak \$13.99

# MMG BURGERS

Calorie range 560 - 640

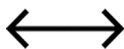
## CHOOSE YOUR PROTEIN:

Grass-Fed Beef | Sirloin Burger (+\$1) | Turkey

Upgrade to the Impossible Burger for +\$2.99

All Burgers come with Regular or Sweet Potato Fries

## HEALTHIER BURGERS



## CHEAT DAY BURGERS

### Classic

Reduced fat cheddar, turkey bacon, signature sauce, lettuce, tomato and onion on a whole wheat bun. **\$9.99**

### California Club

Avocado, turkey bacon, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. **\$9.99**



### Mushroom

Part skim mozzarella, sautéed mushrooms, onions and lettuce on a whole wheat bun. **\$9.99**



### Jalapeño

Sliced jalapeño, cajun seasoning, part skim mozzarella cheese, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. **\$9.99**

### Recovery

Fried egg, reduced fat cheddar, and turkey bacon on a whole wheat bun. **\$9.99**

### MMG Fave

Sharp cheddar cheese, hickory smoked bacon, signature sauce, lettuce, tomato and onion on a brioche bun. **\$9.99**



### Avo Smash Club

MMG's handcrafted avocado smash, sharp cheddar cheese, hickory smoked bacon, ranch dressing, lettuce, tomato and onion on a brioche bun. **\$9.99**

### Shroom & Swiss

Swiss cheese, sautéed mushrooms, sautéed onions, mayo and lettuce on a brioche bun. **\$9.99**

### El Diablo

Pepper jack cheese, jalapenos, Cajun seasoning, chipotle mayo, lettuce, tomato and onion on a brioche bun. **\$9.99**



### Hangover

Sharp cheddar cheese, fried egg, hickory smoked bacon and mayo on a brioche bun. **\$9.99**

### Loaded Fries

Crispy crinkle-cut fries, topped with sharp cheddar cheese, hickory smoked bacon, jalapenos and sour cream. Served with a side of ranch dressing or chipotle mayo. **\$7**

# FRESH GREENS

Calorie range 270 - 400

### Caesar Salad **GF**

Chicken or steak, Parmesan cheese, and zero carb Caesar dressing on a power blend of romaine, spinach and baby kale. **Chicken \$9.99 | Steak \$12.99**



### Kale & Quinoa Salad

Chicken or steak, quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale. **Chicken \$9.99 | Steak \$12.29**

### Italiano Salad **GF**

Chicken or steak, part skim mozzarella, roasted red peppers, fat free balsamic vinaigrette on a power blend of romaine, spinach and baby kale. **Chicken \$9.99 | Steak \$12.99**

### Mardi Gras Salad **GF**

Cajun seasoned chicken or steak, with turkey bacon, tomatoes, red onions and low carb salsetta dressing on a power blend of romaine, spinach and baby kale. **Chicken \$9.99 | Steak \$12.99**

### Asian Sesame Ginger Salad

Chicken or steak, tomatoes, cucumbers, red onions, sesame seeds, raisins, avocado, and Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale. **Chicken \$9.99 | Steak \$12.99**

### Cheeseburger Salad

Grass-fed beef burger, reduced fat cheddar, tomatoes and scallions with a blend of fat free BBQ sauce and Caesar dressing on a power blend of romaine, spinach and baby kale. **\$9.99**



### Lean Turkey Taco Salad **GF**

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, tomatoes, scallions and fat free sour cream on a power blend of romaine, spinach and baby kale. **\$9.99**



# MORE FIT FAVES

Calorie range 210 - 380

### Lean & Loaded Baked Potato

Baked potato topped with reduced fat cheddar, scallions, fat free sour cream and lean turkey bacon. **\$4.99**  
Add Turkey Chili **\$0.99**

### Boneless Chicken Bites

Premium hand cut chicken breast, lightly breaded in whole wheat flour, sautéed to perfection, then tossed in one of our signature sauces. Served with a side of fat free sour cream. **\$5.99**

- Barbecue
- Buffalo
- Teriyaki
- Spicy Barbecue



### Shrimp Bites

Omega 3 packed shrimp, sautéed to perfection then tossed in one of our signature sauces. Served with a side of fat free sour cream. **\$6.99**

- Barbecue
- Buffalo
- Teriyaki
- Spicy Barbecue

# FRUIT SMOOTHIES

Calorie range 208 - 416

### Mango Tropics Strawberry Four Berry Pineapple



Small 16 oz. **\$4.99** | Large 24 oz. **\$6.99**

### Strawberry Banana \* Carrot Apple \*



\* Indicates organic smoothie

Small 16 oz. **\$5.99** | Large 24 oz. **\$8.99**

# PROTEIN SHAKES

Calorie range 140 - 392

### Vanilla Chocolate Strawberry Banana Berry Blast



### MMG Faves:

**Chocolate Peanut Butter +\$1**  
**Vanilla Banana +\$1**

Small 16 oz. **\$4.99** | Large 32 oz. **\$6.99**

### Add-ins

|                      |                   |
|----------------------|-------------------|
| Peanut Butter \$0.50 | Spinach \$0.50    |
| Banana \$0.50        | Extra Protein \$2 |
| Baby Kale \$0.50     |                   |