



70 7th Avenue
(between 14th & 15th)
New York, NY 10011
(917) 262-0095

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 \$11
Steak \$14



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 \$11 | Steak \$14

Veggie *Vegetarian*

Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a garlic herb wrap. \$11



BBQ Wrap

Chicken or steak, reduced fat cheddar, brown rice and fat free BBQ sauce in a whole wheat wrap. Chicken \$11 | Steak \$14

Yee-Ha! Wrap

Chicken or steak, western potatoes, turkey bacon and zero carb signature sauce in a jalapeño wrap. Chicken \$11 | Steak \$14

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 \$11 | Steak \$14



Turkey Burger Wrap

Lean ground turkey, turkey bacon, reduced fat cheddar and fat free secret sauce in a whole wheat wrap. \$11

Turkey Meatball

Turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap. \$11

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 \$11 | Steak \$14

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 \$11
Steak \$14



Add-ons

Fat Free Sour Cream \$1	Jalapenos \$1	Turkey Bacon \$2	Spinach \$2
Reduced Fat Cheese \$1	Extra Sauce \$1	Avocado \$2	

SIDES

LOWER CARB SIDES

Calorie range 25 - 240

All lower carb sides \$4

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

POWER SIDES

Calorie range 100 - 180

All power sides \$4

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

UPGRADED SIDES

Calorie range 110 - 300

Avocado Smash \$5
Cauliflower Rice \$5
Regular or Sweet Potato Fries \$5
Turkey Chili \$5
Grilled Chicken \$6
Turkey Meatballs \$6
Shrimp \$7
Grass Fed Steak \$7

FIT BOWLS

Calorie range 320- 450

Arizona GF

Chicken or steak, turkey bacon, tomatoes, scallions and zero carb signature sauce over brown rice. Chicken \$12 | Steak \$15

Godfather GF

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

Chicken \$12
Steak \$15



Santa Ana GF

Chicken or steak, turkey bacon, reduced fat cheddar and zero carb signature sauce over red beans and brown rice.

Chicken \$12 | Steak \$15

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 \$12
Steak \$15



Teriyaki Stir Fry

Chicken or steak, portabella mushrooms, sautéed green peppers and onions, carrots, sesame seeds and teriyaki sauce over brown rice. Chicken \$12 | Steak \$15

Grilled Fit Bowl GF

Chicken or steak, broccoli and brown rice. Chicken \$12 | Steak \$15

Turkey Chili Bowl GF

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, fat free sour cream, tomatoes and scallions over brown rice. \$12



Cajun Penne

Cajun chicken or steak, tomatoes, scallions and a red wine sauce over whole wheat pasta.

Chicken \$13 | Steak \$16

Sesame Teriyaki Penne

Chicken or steak, sesame seeds and teriyaki sauce served over whole wheat pasta. Chicken \$13 | Steak \$16

Vodka & Penne

Chicken or steak, reduced fat vodka sauce and Parmesan over whole wheat pasta.

Chicken \$13
Steak \$16



MMG BURGERS

Calorie range 560 - 640

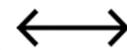
CHOOSE YOUR PROTEIN:

Grass-Fed Beef | Pat LaFrieda Burger | Turkey

Upgrade to the Impossible Burger for +\$3

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. \$14

California Club

Avocado, turkey bacon, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. \$14



Mushroom

Part skim mozzarella, sautéed mushrooms, onions and lettuce on a whole wheat bun. \$14



Jalapeño

Sliced jalapeño, cajun seasoning, part skim mozzarella cheese, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. \$14

Recovery

Fried egg, reduced fat cheddar, and turkey bacon on a whole wheat bun. \$14

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

MMG Fave

Sharp cheddar cheese, hickory smoked bacon, signature sauce, lettuce, tomato and onion on a brioche bun. \$14



Avo Smash Club

MMG's handcrafted avocado smash, sharp cheddar cheese, hickory smoked bacon, ranch dressing, lettuce, tomato and onion on a brioche bun. \$14

Shroom & Swiss

Swiss cheese, sautéed mushrooms, sautéed onions, mayo and lettuce on a brioche bun. \$14

El Diablo

Pepper jack cheese, jalapenos, Cajun seasoning, chipotle mayo, lettuce, tomato and onion on a brioche bun. \$14



Hangover

Sharp cheddar cheese, fried egg, hickory smoked bacon and mayo on a brioche bun. \$14

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 \$11
Steak \$14



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 \$11 | Steak \$14

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. \$11



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 \$11 | Steak \$14

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 \$11 | Steak \$14

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 \$11 | Steak \$14

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. \$11



FRUIT SMOOTHIES

Calorie range 208 - 416

Mango Tropics Strawberry Four Berry Pineapple



Small 16 oz. \$6 | Large 24 oz. \$8

Strawberry Banana * Carrot Apple *



Small 16 oz. \$7 | Large 24 oz. \$10

* Indicates organic smoothie

PROTEIN SHAKES

Calorie range 140 - 392

Vanilla Chocolate Strawberry Banana Berry Blast



MMG Faves:

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

Small 16 oz. \$6 | Large 32 oz. \$8

Add-ins

Peanut Butter \$1	Spinach \$1
Banana \$1	Extra Protein \$2
Baby Kale \$1	