

## SMOOTHIES & SHAKES

calorie range 208-416

### Fruit Smoothies - 100% Fruit

**Strawberry**      **Four Berry**  
**Mango Tropics**      **Pineapple**  
**Peach Pear Apricot**      **Carrot Orange**

### Organic Smoothies

**Strawberry Banana**  
**Carrot Apple**



Original	<b>4.99</b>	Organic <b>+1.00</b>
Large	<b>6.99</b>	Organic <b>+2.00</b>

### Protein Shakes

calorie range 140-392

**Orange Dreamsicle**      **Vanilla**  
**Chocolate Peanut Butter**      **Chocolate**  
**Banana Berry Blast**      **Strawberry**  
**Snappy Apple**      **Tropical Paradise**

Original	<b>4.99</b>
Large	<b>6.99</b>

#### Add-Ins

Peanut Butter, Banana, Baby Kale, Spinach	<b>+0.50</b>
Extra Protein	<b>+2.00</b>

### Boosters *ADD TO ANY SHAKE OR SMOOTHIE!*

**Fat Burner, Antioxidant, High Energy, Muscle**

All Boosters	<b>0.99</b>
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Ask About Our  
**MEAL PLANS**

**HEALTHY**  
**CATERING**  
**(732) 381-1012**

We use **GRASS-FED** steak and **ALL-NATURAL** chicken

## SKINNY FLATBREADS

Whole Grain      calorie range 580-750

### Traditional Cheese \*Vegetarian\*

Part-skim mozzarella, parmesan and fresh fat-free marinara sauce

### MMG Margherita \*Vegetarian\*

Red ripe tomatoes with part-skim mozzarella, basil and parmesan

### Classic White \*Vegetarian\*

Part-skim mozzarella, parmesan, spinach and roasted garlic

### California Veggie \*Vegetarian\*

Broccoli, power blend (romaine, spinach, and baby kale), red onions, mushrooms, tomatoes, part-skim mozzarella and fresh fat-free marinara sauce

### BBQ Chicken Flatbread

Chicken, fat-free hickory BBQ sauce, reduced-fat cheddar and red onion

### The Works

Turkey Meatballs, turkey bacon, turkey pepperoni, part-skim mozzarella, red onions, green peppers, mushrooms and fat-free marinara sauce

Vegetarian Flatbreads	<b>7.99</b>
Protein Flatbreads	<b>9.99</b>
Additional Toppings	<b>1.00 ea</b>

## SIGNATURE SANDWICHES

calorie range 500-570

Includes Choice of: Any Delicious Side

Upgrade to any Power Side + \$1.00

### Chicken Breast

Grilled chicken breast, turkey bacon, romaine, tomatoes and onions with our zero-carb signature sauce served on a whole wheat bun

### Premium Burger

Grass-fed beef burger, turkey bacon, romaine, tomatoes and onions with our zero-carb signature sauce served on a whole wheat bun

Regular (as stated)	Original <b>8.99</b>
Add Cheese	<b>+0.79</b>

Note: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.



**CATERING • DELIVERY • MEAL PLANS**  
 Order Online: [OrderMMG.com](http://OrderMMG.com)

1250-2 Route 27  
 Colonia, NJ 07067  
**(732) 381-1012**

We use eco-friendly products including bags and packaging

# WHOLESOME BEGINNINGS

calorie range 121-287

**Chargrilled Chicken Strips** **4.69**

Choice of dipping sauce:  
Buffalo, BBQ, MMG Signature, or Asian Sesame Ginger

**Edamame** **3.99**

**Healthy Seasonal Soup** **3.99**

**Turkey Chili** **4.99**

# FRESH GREENS

Local produce when available

calorie range 270-400

**Kale and Quinoa Salad**

Chicken, white quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale

**Asian Sesame Ginger**

Chicken, tomatoes, cucumbers, red onions, sesame seeds, craisins, avocado and Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale

**Italiano** **GF**

Chicken, part-skim mozzarella, spinach, roasted red peppers, gluten- and fat-free balsamic vinaigrette on a power blend of romaine, spinach and baby kale

**Chicken Caesar Salad** **GF**

Chicken, parmesan cheese, and zero-carb Caesar dressing on a power blend of romaine, spinach and baby kale

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

Lean ground turkey chili, red beans, reduced-fat cheddar cheese, salsa, tomatoes, scallions and fat-free sour cream on a power blend of romaine, spinach and baby kale

**Mardi Gras Cajun Grilled Chicken** **GF**

Cajun seasoned grilled chicken, turkey bacon, tomatoes, onions and low-carb salsetta on a power blend of romaine, spinach and baby kale

**Pick Two Combo: 8.99**  
Soup • ½ Salad • ½ Flatbread

Low Calorie Dressings

- Fat-Free Balsamic Vinaigrette
- Fat-Free Honey Dijon
- Zero-Carb Caesar
- Low-Fat Asian Sesame Ginger
- Zero-Carb MMG Signature

Regular (as stated)	Original	<b>9.99</b>	Extra Protein	<b>+1.99</b>
Sub Steak or Shrimp	Original	<b>+1.99</b>	Extra Protein	<b>+2.99</b>

# POWER SIDES

calorie range 24-142

Baby Kale*	2.99	Steamed Broccoli*	2.99
Quinoa*	2.99	Avocado*	2.99
Sweet Potato Fries*	2.99	Savory Spinach*	2.99
Turkey Meatballs	2.99	Baked Potato*	2.99

Superfoods denoted by \*

# HEALTHY WRAPS

calorie range 500-730

Includes Choice of: Any Delicious Side

Upgrade to any Power Side + \$1.00

**MMG Signature**

Chicken, turkey bacon, reduced-fat cheddar cheese, power blend (romaine, spinach and baby kale), tomatoes, onions and zero-carb signature sauce in a jalapeño wrap

**Rocky**

Chicken, turkey meatballs, part-skim mozzarella and fresh fat-free marinara in a garlic herb wrap

**Santa Fe**

Chicken, turkey bacon, red beans and brown rice, reduced-fat cheddar cheese and zero-carb signature sauce in a jalapeño wrap

**Kale and Quinoa Wrap**

Chicken, white quinoa, power blend (romaine, spinach and baby kale), roasted red peppers, avocado and Asian sesame ginger dressing in a spinach wrap

**Chicken Caesar Wrap**

Chicken, power blend (romaine, spinach and baby kale), zero-carb Caesar dressing and parmesan in a spinach wrap

**Veggie** \***Vegetarian**\*

Original or spicy with green peppers, onions, mushrooms, rice, beans and reduced-fat cheddar cheese in a spinach wrap

**Yee-Ha!**

Chicken, turkey bacon, western potatoes and zero-carb signature sauce in a jalapeño wrap

**BBQ Chicken Wrap**

Chicken, brown rice, reduced-fat cheddar cheese and fat-free BBQ sauce in a whole wheat wrap

**XXL**

Lean ground turkey, turkey bacon and reduced-fat cheddar cheese and fat-free secret sauce in a whole wheat wrap

**Tex-Mex Fajita**

Chicken, onions and peppers, reduced-fat cheddar cheese, fat-free sour cream and salsa in a jalapeño wrap

Regular (as stated)	Original	<b>8.99</b>	Extra Protein	<b>+1.99</b>
Sub Steak or Shrimp	Original	<b>+1.99</b>	Extra Protein	<b>+2.99</b>
Add Soup		<b>+1.99</b>		

# DELICIOUS SIDES

calorie range 36-325

Caesar Salad	1.99	Vegetable Medley	1.99
Brown Rice	1.99	Brown Rice & Beans	1.99
Cucumber Salad	1.99	Western Potatoes	1.99

# FIT BOWLS

calorie range 320-450

**Arizona** **GF**

Chicken, turkey bacon, tomatoes, scallions and zero-carb signature sauce over brown rice

**Godfather** **GF**

Chicken, portabella mushrooms, roasted red peppers, part-skim mozzarella and gluten- and fat-free balsamic vinaigrette over broccoli

**Santa Ana** **GF**

Chicken, turkey bacon, reduced-fat cheddar cheese and zero-carb signature sauce over red beans and brown rice

**El Mexicana** **GF**

Chicken, onions and peppers, reduced-fat cheddar cheese, salsa, tomatoes and scallions over brown rice and beans

**Teriyaki Stir-Fry**

Chicken, portabella mushrooms, onions and peppers, carrots, sesame seeds and teriyaki sauce over brown rice

**Grilled Chicken** **GF**

Chicken, broccoli and brown rice

**Turkey Chili Bowl** **GF**

Lean ground turkey chili, red beans, reduced-fat cheddar cheese, salsa, fat-free sour cream, tomatoes and scallions over brown rice

Pasta calorie range 650-710

**Cajun Chicken & Penne**

Cajun chicken, red wine brown sauce, tomatoes and scallions over whole wheat pasta

**Sesame Chicken Teriyaki Pasta**

Chicken, sesame seeds and teriyaki sauce served over whole wheat pasta

**Penne & Reduced-Fat Vodka Sauce with Chicken**

Chicken, reduced-fat vodka sauce and parmesan over whole wheat pasta

Regular (as stated)	Original	<b>9.99</b>	Extra Protein	<b>+1.99</b>
Sub Steak or Shrimp	Original	<b>+1.99</b>	Extra Protein	<b>+2.99</b>
Add Soup		<b>+1.99</b>		

# LEAN PROTEIN SIDES

calorie range 281-325

Grilled Chicken	2.99
USDA Grass-Fed Steak	4.49
Shrimp	3.99

We have made an effort to provide complete and current nutrition information, but the hand-crafted nature of our menu items and other changes in recipes, ingredients, and kitchen procedures can cause variations from these values to occur. The values shown here should be considered approximations. Guests who have special food sensitivities, allergies or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Dressing that are listed as gluten free will be altered by adding other ingredients such as croutons, etc. Prices subject to change.