



## BOWLS

TURKEY MEATBALLS | CHICKEN STEAK | SHRIMP | IMPOSSIBLE™

**TURKEY CHILI:** Turkey chili, red beans, reduced fat cheddar, salsa, fat free sour cream, tomatoes, scallions, brown rice. (550 calories) \*GF

**ARIZONA:** Pick protein, turkey bacon, tomatoes, scallions, signature sauce, brown rice. (500-630 calories)

**GODFATHER:** Pick protein, portabella mushroom blend, roasted red peppers, part skim mozzarella, fat free balsamic vinaigrette, broccoli. (400-530 calories) \*GF

**EL MEXICANA:** Pick protein, fajita peppers & onions, reduced fat cheddar, salsa, tomatoes, scallions, red beans, brown rice. (440-570 calories) \*GF

**TERIYAKI STIR-FRY:** Pick protein, portabella mushroom blend, peppers and onions, carrots, sesame seeds, teriyaki sauce, brown rice. (540-670 calories)

**GRILLED ENTREE:** Pick protein, broccoli, brown rice. (320-450 calories) \*GF

\*GF | Gluten Free



## PASTA BOWLS

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**MAMA MIA:** Pick protein, spicy reduced fat marinara, garnished with parmesan, whole wheat pasta. (700-830 calories)

**PENNE & REDUCED FAT VODKA SAUCE:** Pick protein, reduced fat vodka sauce, parmesan, whole wheat pasta. (580-710 calories)

**SESAME TERIYAKI:** Pick protein, teriyaki sauce, sesame seeds, whole wheat pasta. (750-880 calories)

**CAJUN PENNE:** Pick protein, red wine brown sauce, tomatoes, scallions, cajun seasoning, whole wheat pasta. (710-840 calories)



## WRAPS

TURKEY MEATBALLS | CHICKEN STEAK | SHRIMP | IMPOSSIBLE™



CHOICE OF ONE FREE REGULAR SIDE:

French Fries | Cucumber Salad | Steamed Broccoli | Brown Rice | Brown Rice & Beans | Baked Potato | Western Potatoes

UPGRADED SIDES:

Savory Spinach | Cauliflower Rice | Sweet Potato Fries | Turkey Chili

**TURKEY BURGER:** Turkey burger, turkey bacon, reduced fat cheddar, fat free sour cream, BBQ sauce, spinach wrap. (620 calories)

**TURKEY MEATBALL:** Turkey meatballs, part-skim mozzarella, fat free marinara, garlic herb wrap. (680 calories)

**MMG SIGNATURE:** Pick protein, turkey bacon, reduced fat cheddar, romaine, spinach, tomatoes, red onions, signature sauce, jalapeño wrap. (490-620 calories)

**ROCKY:** Turkey meatballs, chicken, part-skim mozzarella, fat free marinara, garlic herb wrap. (680 calories)

**SANTA FE:** Pick protein, turkey bacon, red beans, brown rice, reduced fat cheddar, signature sauce, jalapeño wrap. (700-830 calories)

**BBQ:** Pick protein, reduced fat cheddar, brown rice, fat free BBQ sauce, spinach wrap. (680-810 calories)

**TEX-MEX:** Pick protein, fajita peppers & onions, reduced fat cheddar, fat free sour cream, salsa, jalapeño wrap. (560-690 calories)

**CAESAR:** Pick protein, romaine, spinach, caesar dressing, parmesan, spinach wrap. (560-690 calories)

**YEE-HAI!** Pick protein, turkey bacon, western potatoes, signature sauce, jalapeño wrap. (600-730 calories)

**VEGGIE:** Original or spicy, green peppers, onions, portabella mushroom blend, tomatoes, reduced fat cheddar, garlic herb wrap. (470 calories)

Before placing your order, please inform your server if your party has a food allergy. Consuming raw or undercooked meats, poultry, seafood, shellfish, and eggs may increase your risk of foodborne illness.

# BURGERS

CHOOSE PATTY: GRASS-FED BEEF | TURKEY BURGER | IMPOSSIBLE™

CHOICE OF ONE FREE REGULAR SIDE:

French Fries | Cucumber Salad | Steamed Broccoli | Brown Rice | Brown Rice & Beans | Baked Potato | Western Potatoes

UPGRADED SIDES:

Savory Spinach | Cauliflower Rice | Sweet Potato Fries | Turkey Chili

**CLASSIC:** Reduced fat cheddar, turkey bacon, signature sauce, lettuce, tomato and onion. (510-630 calories)

**MUSHROOM SUPREME:** Part skim mozzarella, sautéed mushrooms & onions, lettuce. (490-610 calories)

**CALIFORNIA CLUB:** Avocado, turkey bacon, reduced fat mayo, lettuce, tomato, onion. (630-750 calories)

**JALAPEÑO:** Jalapeños, cajun seasoning, part skim mozzarella, reduced fat mayo, lettuce, tomato, onion. (440-560 calories)

**RECOVERY:** Fried egg, cheddar, turkey bacon. (520-640 calories)

# KETO BOWLS

CHICKEN  
STEAK | SHRIMP

**PHILLY CAESAR SALAD:** Pick protein, fajita onions & peppers, mozzarella, romaine, spinach, caesar dressing. (340-410 calories)\*GF

**THE HOLLYWOOD:** Pick protein, cheddar, turkey bacon, avocado, romaine, spinach, signature sauce. (470-540 calories)\*GF

**THE PHOENIX:** Pick protein, cauliflower rice, turkey bacon, steamed broccoli, signature sauce. (370-490 calories)

**THE BUFFALO:** Pick protein, portabella mushroom blend, roasted red peppers, steamed broccoli, mozzarella, buffalo sauce. (550-630 calories)

**KETO RECOVERY BURGER:** Two grass-fed patties, turkey bacon, sautéed spinach, cheddar, fried egg. (1030 calories)

# SALADS

TURKEY MEATBALLS | CHICKEN  
STEAK | SHRIMP | IMPOSSIBLE™

**TURKEY TACO:** Turkey chili, romaine, spinach, red beans, reduced fat cheddar, salsa, tomatoes, scallions, fat free sour cream. (440 calories)<sup>GF</sup>

**CAESAR:** Pick protein, romaine, spinach, caesar dressing, parmesan. (310-440 calories)

**CALIFORNIA:** Pick protein, avocado, turkey bacon, romaine, spinach, tomatoes, onions, signature dressing. (390-520 calories)<sup>GF</sup>

**ITALIANO:** Pick protein, part skim mozzarella, roasted red peppers, fat free balsamic vinaigrette. (330-460 calories)<sup>GF</sup>

**MARDI GRAS:** Pick protein, turkey bacon, romaine, spinach, tomatoes, red onions, cajun seasoning, salsetta dressing. (350-480 calories)

**CHEESEBURGER:** Grass-fed burger, romaine, spinach, reduced fat cheddar, tomatoes, scallions, fat free BBQ sauce, caesar dressing. (550 calories)

**ASIAN SESAME GINGER:** Pick protein, romaine, spinach, tomatoes, cucumbers, red onions, sesame seeds, craisins, avocado, Asian sesame ginger dressing. (440-580 calories)

\*GF | Gluten Free

# SIDES

## REGULAR SIDES

French Fries  
(170 calories)

Steamed Broccoli  
(40 calories)

Brown Rice  
(180 calories)

Brown Rice and Beans  
(170 calories)

Baked Potato  
(160 calories)

Western Potatoes  
(100 calories)

Cucumber Salad  
(25 calories)

## UPGRADED SIDES

Cauliflower Rice  
(150 calories)

Sweet Potato Fries  
(270 calories)

Sautéed Spinach  
(285 calories)

Turkey Chili  
(300 calories)

## PROTEIN SIDES

Turkey Meatballs  
(340 calories)

Grilled Chicken  
(210 calories)

Grass-Fed Steak  
(210 calories)

Shrimp  
(170 calories)

Impossible™  
(240 calories)



# FAVES

**TURKEY MEATBALLS:** Two freshly rolled turkey meatballs in your choice of sauce. (340-380 calories)

SAUCES: MARINARA | TERIYAKI | SPICY BBQ | BBQ | BUFFALO

**BITES: CHICKEN | SHRIMP**

Lightly breaded chicken bites or shrimp in one of our signature sauces and a side of fat free sour cream. (240-380 calories)

SAUCES: TERIYAKI | SPICY BBQ | BBQ | BUFFALO

## LOADED BAKED POTATOES

**SIGNATURE:** Baked potato, reduced fat cheddar, scallions, turkey bacon, fat free sour cream. (250 calories)

**TURKEY CHILI:** Baked potato, turkey chili, reduced fat cheddar, salsa, fat free sour cream. (450 calories)

**BROCCOLI CHEDDAR:** Baked potato, steamed broccoli, reduced fat cheddar, fat free sour cream. (380 calories)

# PROTEIN SHAKES

Vanilla  
(130-260 calories)

Strawberry  
(150-300 calories)

Chocolate  
(150 | 300 calories)

Chocolate  
Peanut Butter  
(240-480 calories)

Banana Berry Blast  
(190 | 380 calories)

# SMOOTHIES

Mango Tropics  
(280-420 calories)

Strawberry  
(280-420 calories)

Four Berry  
(280-420 calories)

Strawberry Banana  
(330-470 calories)

