



1099 2nd Ave
New York, NY 10022
(646) 895-9533

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 \$10.99
Steak \$13.99



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 \$10.99 | Steak \$13.99



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 \$10.99 | Steak \$13.99

Veggie *Vegetarian*

Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a garlic herb wrap.
\$10.99



BBQ Wrap

Chicken or steak, reduced fat cheddar, brown rice and fat free BBQ sauce in a whole wheat wrap.
Chicken \$10.99 | Steak \$13.99

Yee-Ha! Wrap

Chicken or steak, western potatoes, turkey bacon and zero carb signature sauce in a jalapeño wrap.
Chicken \$10.99 | Steak \$13.99

Turkey Burger Wrap

Lean ground turkey, turkey bacon, reduced fat cheddar and fat free secret sauce in a whole wheat wrap. \$10.99

Turkey Meatball

Turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap. \$10.99

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 \$10.99 | Steak \$13.99

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 \$10.99
Steak \$13.99



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 \$4.49

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

POWER SIDES

Calorie range 100 - 180

All power sides \$4.49

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

UPGRADED SIDES

Calorie range 110 - 300

- Avocado Smash \$4.99
- Cauliflower Rice \$4.99
- Regular or Sweet Potato Fries \$4.99
- Turkey Chili \$4.99
- Grilled Chicken \$5.99
- Turkey Meatballs \$5.99
- Shrimp \$6.99
- Grass Fed Steak \$6.99

FIT BOWLS

Calorie range 320- 450

Arizona GF

Chicken or steak, turkey bacon, tomatoes, scallions and zero carb signature sauce over brown rice.
Chicken \$12.49 | Steak \$15.49

Godfather GF

Chicken or steak, portabella mushrooms, roasted red peppers, part skim mozzarella and fat free balsamic vinaigrette over broccoli.
Chicken \$12.49
Steak \$15.49



Grilled Fit Bowl GF

Chicken or steak, broccoli and brown rice.
Chicken \$12.49 | Steak \$15.49

Turkey Chili Bowl GF

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, fat free sour cream, tomatoes and scallions over brown rice. \$12.49



Santa Ana GF

Chicken or steak, turkey bacon, reduced fat cheddar and zero carb signature sauce over red beans and brown rice.
Chicken \$12.49 | Steak \$15.49

Cajun Penne

Cajun chicken or steak, tomatoes, scallions and a red wine sauce over whole wheat pasta.
Chicken \$12.49 | Steak \$15.49

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 \$12.49
Steak \$15.49



Sesame Teriyaki Penne

Chicken or steak, sesame seeds and teriyaki sauce served over whole wheat pasta.
Chicken \$12.49 | Steak \$15.49

Vodka & Penne

Chicken or steak, reduced fat vodka sauce and Parmesan over whole wheat pasta.
Chicken \$12.49
Steak \$15.49



Teriyaki Stir Fry

Chicken or steak, portabella mushrooms, sautéed green peppers and onions, carrots, sesame seeds and teriyaki sauce over brown rice.
Chicken \$12.49 | Steak \$15.49

MMG BURGERS

Calorie range 560 - 640

CHOOSE YOUR PROTEIN:

Grass-Fed Beef | Sirloin Burger | 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. **\$11.99**

California Club

Avocado, turkey bacon, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. **\$11.99**



Mushroom

Part skim mozzarella, sautéed mushrooms, onions and lettuce on a whole wheat bun. **\$11.99**



Jalapeño

Sliced jalapeño, cajun seasoning, part skim mozzarella cheese, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. **\$11.99**

Recovery

Fried egg, reduced fat cheddar, and turkey bacon on a whole wheat bun. **\$11.99**

MMG Fave

Sharp cheddar cheese, hickory smoked bacon, signature sauce, lettuce, tomato and onion on a brioche bun. **\$11.99**



Avo Smash Club

MMG's handcrafted avocado smash, sharp cheddar cheese, hickory smoked bacon, ranch dressing, lettuce, tomato and onion on a brioche bun. **\$11.99**

Shroom & Swiss

Swiss cheese, sautéed mushrooms, sautéed onions, mayo and lettuce on a brioche bun. **\$11.99**

El Diablo

Pepper jack cheese, jalapeños, Cajun seasoning, chipotle mayo, lettuce, tomato and onion on a brioche bun. **\$11.99**



Hangover

Sharp cheddar cheese, fried egg, hickory smoked bacon and mayo on a brioche bun. **\$11.99**

Loaded Fries

Crispy crinkle-cut fries, topped with sharp cheddar cheese, hickory smoked bacon, jalapeños and sour cream. Served with a side of ranch dressing or chipotle mayo. **\$6.99**

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 \$11.49 | Steak \$14.49**



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 \$11.49 | Steak \$14.49**

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 \$11.49 | Steak \$14.49**

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 \$11.49 | Steak \$14.49**

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 \$11.49 | Steak \$14.49**

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. **\$11.49**



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. **\$11.49**



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. **\$5.49**
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. **\$6.99**

- 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. **\$7.49**

- Barbecue
- Buffalo
- Teriyaki
- Spicy Barbecue



FRUIT SMOOTHIES

Calorie range 208 - 416

Mango Tropics Strawberry Four Berry Pineapple



Small 16 oz. **\$5.99** | Large 24 oz. **\$8.49**

Strawberry Banana * Carrot Apple *



* Indicates organic smoothie

Small 16 oz. **\$6.99** | Large 24 oz. **\$10.49**

PROTEIN SHAKES

Calorie range 140 - 392

Vanilla Chocolate Strawberry Banana Berry Blast



MMG Faves:

Chocolate Peanut Butter +\$0.50
Vanilla Banana +\$0.50

Small 16 oz. **\$5.99** | Large 32 oz. **\$8.49**

Add-ins

Peanut Butter \$0.50	Spinach \$0.50
Banana \$0.50	Extra Protein \$2.00
Baby Kale \$0.50	