

OUR STORY

Founded in 1995, Muscle Maker Grill provides its guests healthier versions of mainstream-favorite dishes that taste great, making it convenient, affordable and enjoyable to eat healthy. Muscle Maker Grill's diverse menu was created for everyone - fitness enthusiasts, those starting their journey to a healthier lifestyle, and people trying to eat better while on-the-go. Providing "Great Food with Your Health in Mind," Muscle Maker Grill's menu features items with grass-fed steak and all-natural chicken, as well as options that satisfy all dietary preferences - from the carb free consumer to guests following a gluten-free and vegetarian diet. Muscle Maker Grill does not sacrifice taste to serve healthy options. Now, guests can have delicious, nutritionally balanced food without the regret.

**SHOW SOME LOVE TO
THE MOST IMPORTANT MUSCLE IN YOUR BODY**



**HEALTHY
CATERING**
646.895.9533



SMOOTHIES & SHAKES

calorie range 208-416

Fruit Smoothies - 100% Fruit

Strawberry **Four Berry**
Mango Tropics **Pineapple**

Organic Smoothies

Strawberry Banana
Carrot Apple



Small 16 oz.	5.99	Organic	+1.00
Large 24 oz.	8.49	Organic	+2.00

Protein Shakes

calorie range 140-392

Chocolate Peanut Butter
Banana Berry Blast
Vanilla
Chocolate
Strawberry

Small 16 oz.	5.99
Large 32 oz.	8.49

Add-Ins

Peanut Butter, Banana, Baby Kale, Spinach	+0.50
Extra Protein	+2.00

Boosters *ADD TO ANY SHAKE OR SMOOTHIE!*

Fat Burner, High Energy

All Boosters	1.00
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HEALTHY MEAL PLANS

5 Meals - \$39.99

10 Meals - \$79.99

15 Meals - \$119.99

20 Meals - \$159.99

Whether you're bulking up, slimming down, saving time or you just love the MMG menu, we've got the right option for you.

The best bit? You can customize your daily meals and the length of your plan, for total control of your health.



OUR PROCESS

- 01 Pick your plan
- 02 Let us take care of the preparation
- 03 Pick up or have it delivered to your home or office



KIM K.

"THE MMG MEAL PLAN CHANGED MY LIFE."

I've never felt better, eating the food I want to eat and living the life I want to live.



WE CATER | WE DELIVER | MEAL PLANS

1099 2nd Ave.
New York, NY 10022

646.895.9533



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.

ORDER ONLINE: ORDERMMG.COM

MMG BURGER BAR

CHOOSE YOUR PROTEIN:

Grass Fed Beef | Turkey | Veggie | All Natural Chicken Breast

Upgrade to the Impossible Burger for +\$2.99
All Burgers come with Sweet Potato Fries

- Mushroom Supreme 11.99**
Part skim mozzarella, sautéed mushrooms & onions and lettuce on a whole wheat bun
- California Club 11.99**
Avocado, turkey bacon, reduced fat mayo, lettuce, tomato, and onion on a whole wheat bun
- Classic 11.99**
Reduced fat cheddar, turkey bacon, signature sauce, lettuce, tomato, and onion on a whole wheat bun
- Jalapeño 11.99**
Sliced jalapeño, cajun seasoning, part skim mozzarella cheese, reduced fat mayo, lettuce, tomato, and onion on a whole wheat bun
- Recovery 11.99**
Fried egg, reduced fat cheddar, and turkey bacon on a whole wheat bun



LOWER CARB SIDES

calorie range 25-240

Baby Kale	4.49	Steamed Broccoli	4.49
Quinoa	4.49	Caesar Salad	4.49
Cucumber Salad	4.49	Vegetable Medley	4.49
Savory Spinach	4.49	Edamame	4.49

HEALTHY WRAPS

calorie range 500-730

Includes choice of any Lower Carb or Power Side.

- MMG Signature Chicken 10.99 | Steak 13.99**
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
- Rocky Chicken 10.99 | Steak 13.99**
Chicken or steak, turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap
- Santa Fe Chicken 10.99 | Steak 13.99**
Chicken or steak, turkey bacon, red beans and brown rice, reduced fat cheddar and zero carb signature sauce in a jalapeño wrap
- Veggie *Vegetarian* 10.99**
Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a garlic herb wrap
- BBQ Wrap Chicken 10.99 | Steak 13.99**
Chicken or steak, reduced fat cheddar, brown rice and fat free BBQ sauce in a whole wheat wrap
- Turkey Burger Wrap 10.99**
Lean ground turkey, turkey bacon and reduced fat cheddar and fat free secret sauce in a whole wheat wrap
- Turkey Meatball 10.99**
Turkey meatballs, reduced fat mozzarella and marinara in a herb wrap
- Tex-Mex Fajita Chicken 10.99 | Steak 13.99**
Chicken or steak, sautéed green peppers and onions, reduced fat cheddar, fat free sour cream and salsa in a jalapeño wrap
- Chicken Caesar Wrap Chicken 10.99 | Steak 13.99**
Chicken or steak, power blend of romaine, spinach and baby kale, zero carb Caesar dressing and parmesan in a spinach wrap
- Yee-Ha! Wrap Chicken 10.99 | Steak 13.99**
Chicken or steak, western potatoes, reduced fat cheddar cheese and zero carb signature sauce in a whole wheat wrap

ADD-ONS:

Fat Free Sour Cream	0.75
Reduced Fat Cheese	0.75
Jalapenos	0.75
Extra Sauce	0.75
Turkey Bacon	0.99
Avocado	1.99
Spinach	1.99

POWER SIDES

calorie range 100-180

Brown Rice	4.49	Baked Potato	4.49
Western Potatoes	4.49	Pasta Salad	4.49
Red Beans & Brown Rice	4.49		

FIT BOWLS

calorie range 320-450

- Arizona GF Chicken 12.49 | Steak 15.49**
Chicken or steak, turkey bacon, tomatoes, scallions and zero carb signature sauce over brown rice
 - Godfather GF Chicken 12.49 | Steak 15.49**
Chicken or steak, portabella mushrooms, roasted red peppers, part skim mozzarella and fat free balsamic vinaigrette over broccoli
 - Santa Ana GF Chicken 12.49 | Steak 15.49**
Chicken or steak, turkey bacon, reduced fat cheddar and zero carb signature sauce over red beans and brown rice
 - El Mexicana GF Chicken 12.49 | Steak 15.49**
Chicken or steak, sautéed green peppers and onions, reduced fat cheddar, salsa, tomatoes and scallions over red beans and brown rice
 - Teriyaki Stir Fry Chicken 12.49 | Steak 15.49**
Chicken or steak, portabella mushrooms, sautéed green peppers and onions, carrots, sesame seeds and teriyaki sauce over brown rice
 - Grilled Fit Bowl GF Chicken 12.49 | Steak 15.49**
Chicken or steak, broccoli and brown rice
 - Turkey Chili Bowl GF 12.49**
Lean ground turkey, red beans, reduced fat cheddar, salsa, fat free sour cream, tomatoes and scallions over brown rice
- Pasta calorie range 650-710
- Cajun Penne Chicken 12.99 | Steak 15.99**
Cajun chicken or steak, tomatoes, scallions and a red wine sauce over whole wheat pasta
 - Sesame Teriyaki Penne Chicken 12.99 | Steak 15.99**
Chicken or steak, sesame seeds and teriyaki sauce served over whole wheat pasta
 - Vodka & Penne Chicken 12.99 | Steak 15.99**
Chicken or steak, reduced fat vodka sauce and parmesan over whole wheat pasta



Godfather

UPGRADED SIDES

calorie range 110-300

Turkey Meatballs	5.99	Shrimp	6.99
Turkey Chili	4.99	Grass Fed Steak	6.99
Grilled Chicken	5.99	Sweet Potato Fries	4.99
Avocado	4.99	Cauliflower Rice	4.99

FRESH GREENS

calorie range 270-400

- Caesar Salad GF Chicken 11.49 | Steak 14.49**
Chicken or steak, parmesan cheese, and zero carb Caesar dressing on a power blend of romaine, spinach and baby kale
- Kale & Quinoa Salad Chicken 11.49 | Steak 14.49**
Chicken or steak, quinoa, roasted red peppers, avocado, Asian Sesame Ginger dressing on a power blend of romaine, spinach and baby kale
- Lean Turkey Taco Salad GF 11.49**
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
- Mardi Gras GF Chicken 11.49 | Steak 14.49**
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
- Italiano GF Chicken 11.49 | Steak 14.49**
Chicken or steak, part skim mozzarella, roasted red peppers, fat free balsamic vinaigrette on a power blend of romaine, spinach and baby kale
- Cheeseburger Salad 11.49**
Grass fed beef burger, reduced fat cheddar, tomatoes, scallions with a blend of fat free BBQ sauce and Caesar dressing on a power blend of romaine, spinach and baby kale
- Asian Sesame Ginger Chicken 11.49 | Steak 14.49**
Chicken or steak, tomatoes, cucumbers, red onions, sesame seeds, craisins, avocado, and Asian Sesame Ginger dressing on a power blend of romaine, spinach and baby kale

MORE FIT FAVES

calorie range 209-380

- Lean & Loaded Baked Potato 5.49**
Baked potato topped with low fat cheddar, scallions, fat free sour cream and lean turkey bacon
- Add Turkey Chili 0.99
- Boneless Chicken Bites 6.99**
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
- Shrimp Bites 7.49**
Omega 3 packed shrimp, sautéed to perfection then tossed in one of our signature sauces. Served with a side of fat free sour cream.

- Barbecue
- Buffalo
- Spicy Barbecue
- Teriyaki