

## VEGETARIAN

We only use vegetables about in the preparation of our food

Edamame Lightly Sealed 3.79 101

Veggie Wrap 7.99 448

Original or spicy with green peppers, onions, mushrooms, tomatoes and reduced-fat cheddar cheese & garlic herb mayo

Vegetarian Italian Salad 7.99 218  
Fresh spinach, red roasted peppers, tomatoes, olive-free and fat-free balsamic vinaigrette

Penne with Marinara Sauce 7.99 343

Brown Rice & Beans 6.99 301

Topped with tomatoes and onions



## SHAKES

Big Protein Shakes	12 oz	12 oz
Chocolate Peanut Butter	4.00 390	Strawberry 4.00 390
Fresh Strawberry Banana	5.00 382	Stoney Apple 5.00 390
Chocolate	6.00 390	Chocolate Banana 6.00 382
Vanilla	6.00 380	Tropical Paradise 6.00 390

## FRUIT SMOOTHIES

Small 3.99 | Medium 4.99 | Large 5.99

All natural, 100% fruit, with no sugar added 2.00 336 418

Mango Tropical Pear Berry Strawberry

add Protein 2.00 | add Brownie 4.00 | add Peanut Butter 4.00

## DESSERT

No Sugar Added Cheesecake 3.25 360



## ASK ABOUT OUR MEAL PLANS

STARTING AT \$7 PER MEAL

No Sign Up Fee, No Contract, No Commitment! It's Easy!

1. Sign Up
2. We Do the Cooking
3. Pick-Up or Delivery



Order Online: [www.ordermmg.com](http://www.ordermmg.com)

## LIGHTER SIDE All entrées under 400 calories!

Hollywood Salad 4.99 302

Grilled chicken breast and turkey bacon with reduced-fat cheddar cheese, tomatoes, onions and our zero-sugar signature sauce over a bed of romaine lettuce

Protein 27g | Carbs 4g | Fat 17g | Fiber 2g

Mesa Lisa Wrap 4.99 347

Grilled chicken breast, reduced-fat cheddar cheese, tomatoes, mushrooms and onions with our zero-sugar signature sauce in a low carb wrap

Protein 32g | Carbs 10g | Fat 18g | Fiber 7g

Champion Pasta 6.99 388

Grilled chicken breast and turkey meatballs with part skim mozzarella and onions over whole wheat penne pasta

Protein 25g | Carbs 53g | Fat 6g | Fiber 5g

Peano Ramona 6.99 367

Chicken breast in a scrumptious reduced-fat turkey sauce, garnished with a pinch of parmesan over whole wheat penne pasta

Protein 38g | Carbs 42g | Fat 4.8g | Fiber 2g

Tacos 6.99 381

Grilled chicken breast and turkey bacon over brown rice with tomatoes, onions and our zero-sugar signature sauce

Protein 27g | Carbs 44g | Fat 11g | Fiber 3g

Hollywood Salad



LEVITTOWN, PA  
LANGHORNE SQUARE SHOPPING CENTER  
1411 EAST LINCOLN HIGHWAY  
**215.945.1577**  
FAX: 215.945.1277  
CALL AHEAD - WE'RE ALWAYS BUSY



Arizona



MMG Signature Wrap

## Catering • Delivery • Take Out

\$1.50 Charge

HOOURS OF OPERATION  
MONDAY - SUNDAY: 10:00 AM - 9:00 PM  
GRILL OPENS AT 7:00 AM

ORDER ONLINE!  
[musclemakergrill.com](http://musclemakergrill.com)

2016 Best Franchise  
**TOP 100**  
FRODOVERS & SHAGBARK

We are recognized by  
Healthy Dining  
Franchise.com  
"Delicious Approved"



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Muscle Maker Grill has made an effort to provide complete and correct nutrition information, but the best method to determine if our items meet your special dietary needs is to consult with your doctor. We cannot be held responsible for any adverse reactions or allergic responses that may occur. Therefore, the reader should first consult with a qualified professional in their profession to determine if our items meet their special dietary needs. Allergies or dietary needs should not rely solely on the information at the bottom of each item, but to consult a professional first. Allergies that are listed as gluten free will be served by using other ingredients such as cornstarch, etc. Allergies and dietary information are subject to change. Visit [www.musclemakergrill.com](http://www.musclemakergrill.com) for the most current nutrition information.

## WARM-UPS

**Suggests** Chickens 4.99 Shrimp 6.49

Served with hot-fry sour cream and onions

Texas Style w/Onion	2.99
Honey BBQ	2.99
Teriyaki	2.99
Edamame Lightly Salted	3.79 120

**Loaded Baked Potato** 3.99 309

With broccolini and reduced-fat cheddar cheese

Soup of the Day	seasonal
Cup	2.99 60-120
Savil	4.99 120-240
Turkey Chili Cup	4.99 287

## SIGNATURE SANDWICHES

Choice of side

**Chicken Breast** 8.49 672  
Grilled chicken breast, turkey bacon, reduced-fat cheddar cheese, tomatoes, lettuce and onion with our zesty ranch signature sauce served on a whole wheat bun

**Premium Burger** 8.49 662  
Grass-fed beef burger, turkey bacon, reduced-fat cheddar cheese, tomatoes, lettuce and onion with our zesty ranch signature sauce served on a whole wheat bun



Sante Fe Wrap

## POWER PASTA

Served with 100% whole wheat pasta, regular pasta available

**Cajun Chicken & Penne** 9.99 670  
Cajun chicken breast in a red wine tomato sauce, garnished with tomatoes and cauliflower served over penne

**Penne & Reduced-Fat Vodka Sauce with Chicken** 9.99 600  
Chicken breast in a reduced-fat vodka sauce, garnished with parmesan served over penne

**Sesame Chicken Teriyaki Pasta** 9.99 740  
Chicken breast in a rich teriyaki sauce, garnished with sesame seeds served over penne

Cajun Chicken & Penne



## FIT WRAPS

Served with your choice of side  
Save 100 calories with our low-carb wraps available for 0.75. Whole wheat wraps also available.

### FREE SIDES

Baked Potato Brown Rice w/ Beans Cucumber Salad Broccoli  
Vegetable Medley Caesar Salad Pasta Salad Western Potatoes

### UPGRADES 1.00

Spinach wrap w/ cheese Cajun Pasta Rice & Beans Guacamole  
Turkey Bacon Turkey Meatballs Sweet Potato Fries  
0.50 Extra Sauce Reduced-Fat Cheddar Cheese  
Part Skim Mozzarella Fat-Free Sour Cream

### MNO Signatures

**Wrap** Chicken 8.49 661 \$6 8.99 616  
Grilled chicken breast or steak, turkey bacon, reduced-fat cheddar cheese, tomatoes, lettuce and onion with our zesty ranch signature sauce in a jalapeno wrap

**Low-Carb Coleslaw Wrap** Chicken 8.49 620 \$6 8.99 617  
Grilled chicken breast or steak, tomatoes lettuce, zesty ranch dressing, topped with a touch of parmesan in an herb wrap

**European Wrap** Chicken 8.49 642  
Grilled chicken cavity spinach, roasted peppers and a touch of parmesan in an herb wrap

**Yee-hai Wrap** Chicken 8.49 670 \$6 8.99 640  
Grilled chicken breast or steak, turkey bacon, western potatoes and zero-carb signature sauce in a jalapeno wrap

**BBQ Wrap** Chicken 8.49 704 \$6 8.99 681  
Grilled chicken breast or steak, reduced-fat cheddar cheese and barbecue history BBQ sauce in a whole wrap

**XXL Turkey Burger Wrap** 8.49 660  
Lean ground turkey, turkey breast and reduced-fat cheddar cheese with fat-free moist sauce in a whole wrap

**Turkey Meatball Parmesan Wrap** 8.49 762  
With mozzarella sauce and part skim mozzarella cheese in an herb wrap

**Tea-Mex Fajita Wrap** Chicken 8.49 607 \$6 8.99 626  
Fajita, grilled chicken breast or steak, steaming onions and peppers, reduced-fat cheddar cheese, fat-free sour cream and salsa in a jalapeno wrap

## EXTRAS

Grilled Chicken Breast	3.99 281
Turkey Meatballs	3.99 323
Pasta Salad	2.99 237
Steamed Broccoli	2.99 24
Cucumber Salad	2.99 36
Succanilla	1.99 30
Mixed Vegetables	2.99 35
Caesar Salad	2.99 36

Tilapia or Shrimp	5.99 200/173
Grass-Fed Beef	5.99 248
Brown Rice w/ Onions	2.99 261
Brown Rice & Beans	3.99 248
Baked Potato Fries	3.99 242
Baked Potato	1.99 162
Lemony Spinach	3.99 90
Steamed Spinach	3.99 40
Western Potatoes	2.99 138

**Notice:** Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness, especially if you have a medical condition. All recipes listed are approximate based on weight.  
We use 2% milk, fat, and zero-fat butter, dairy in vegetables and potatoes.  
All cheese portions are 1/2 ounce of fat or less.

## FIT SALADS

Crossfit available upon request\*

### ItzEens

**Salad** Chicken 9.29 668 \$6 16.79 662  
Grilled chicken breast or steak, part skim mozzarella, fresh spinach, and roasted peppers, tomatoes, glaze- and fat-free balsamic vinaigrette

**Turkey Taco Salad** 9.29 674  
Lean ground turkey, red beans, fat-free reduced-fat cheddar cheese, tomatoes, tomatoes, onions, salsa and fat-free sour cream

### Muscle Maker

**Caesar Salad** Chicken 9.29 661 \$6 16.79 660  
Grilled chicken breast or steak over crisp romaine hearts and parmesan cheese, served with zero-carb dressing



Hardi Gras Salad

## GUILTLESS ENTRÉES

**El Mexicano** Chicken 9.99 684 \$6 11.49 681  
Pulled chicken breast or steak, steaming onions and peppers, reduced-fat cheddar cheese and salsa over brown rice and beans, garnished with tomatoes and cauliflower

**Teriyaki Stir-Fry** Chicken 9.99 704 \$6 11.49 681  
Grilled chicken breast or steak, portobello mushrooms, onions, peppers, carrots and zucchini served in a rich Teriyaki sauce over brown rice

**Arizona** Chicken 9.99 641 \$6 11.49 608  
Grilled chicken breast or steak, turkey bacon over beans for rich tomatoes, cauliflower and gluten-free zero-carb signature sauce

**Grilled Entrée** Chicken 9.99 647 \$6 11.49 628  
Grilled chicken breast or steak served with broccolini and baked potato



Godfather

**Lean & Mean Cheeseburger Salad** 9.29 658

Grass-fed beef burger atop romaine lettuce topped with reduced-fat cheddar cheese, tomatoes, onions and fat-free BBQ Caesar dressing and garnished with tomatoes and cauliflower

**Hardi Gras Cajun Grilled Chicken Salad** 9.29 647  
Cajun marinated grilled chicken breast on a bed of romaine with turkey bacon, tomatoes, onions and low-carb cauliflower dressing

### Gluten-Free Dressings

Fat-Free Balsamic Vinaigrette  
Zero-Carb Caesar  
Zero-Carb Honey Dijon Signature Dressing  
Pul-Free Honey Dijon

Substitutes	+ 1.50
Shrimp	+ 175
Chicken	+ 200
Tilapia	+ 200
Grass-Fed Beef	+ 240

**Turkey Chili** 9.99 708  
Lean ground turkey, red beans, reduced-fat cheddar cheese, salsa, fat-free sour cream, tomatoes and cauliflower over brown rice

**Godfather** 9.99 629  
Grilled chicken breast, portobello mushrooms, red roasted peppers, part skim mozzarella, glaze- and fat-free balsamic vinaigrette, served over broccolini

☞ Indicates a gluten-free menu item. **Cauliflowers are coded in FIB.**

**MUSCLE MAKER GRILL USES ALL-NATURAL GRASS-FED BEEF AND ALL-NATURAL CHICKEN.**

\* Cauliflowers contain gluten.