

# 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  
628.250.8578



# 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 6.99
Large 24 oz.	7.99	Organic 8.99

## Protein Shakes

calorie range 140-392

Chocolate Peanut Butter  
Banana Berry Blast  
Vanilla  
Chocolate  
Strawberry

Small 16 oz.	6.99
Large 32 oz.	8.99

Add-Ins	
Peanut Butter, Banana, Baby Kale, Spinach	+1.00
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 - \$59.99  
10 Meals - \$99.99  
15 Meals - \$139.99  
20 Meals - \$189.99

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



"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.

KIM K.



WE CATER | WE DELIVER | MEAL PLANS

2040 Ocean Ave  
San Francisco, CA 94127

Call Us  
628.250.8578



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

## SKINNY FLATBREADS 12.99

calorie range 580-750

### MMG Margherita \*Vegetarian\*

Red ripe tomatoes with part skim mozzarella, basil and parmesan

### Classic White \*Vegetarian\*

Part skim mozzarella, parmesan, spinach and roasted garlic

### BBQ Chicken

Chicken, fat free 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

## LITE SANDWICHES

calorie range 500-570

Includes choice of any Lower Carb or Power Side.

- Served on a whole wheat bun
- Served with a side of sweet potato

### Grilled Chicken 9.99

Grilled chicken breast, turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb signature sauce

### Classic 9.99

Reduced fat cheddar, turkey bacon, signature sauce, lettuce, tomato, and onion

### Grass Fed Burger 11.99

Grass-fed beef burger, turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb signature sauce

### Mushroom Supreme 11.99

Part skim mozzarella, sautéed mushrooms & onions and lettuce

### Recovery 11.99

Fried egg, reduced fat cheddar, and turkey bacon

### California Club 11.99

Avocado, turkey bacon, reduced fat mayo, lettuce, tomato, and onion

### Jalapeno 11.99

Sliced jalapeno, cajun seasoning, part skim mozzarella cheese, reduced fat mayo, lettuce, tomato, and onion

### Impossible Burger \*Vegetarian\* 12.99

Reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb signature sauce

## LOWER CARB SIDES

calorie range 25-240

Baby Kale	3.99	Steamed Broccoli	3.99
Quinoa	3.99	Caesar Salad	3.99
Cucumber Salad	3.99	Vegetable Medley	3.99
Savory Spinach	3.99	Edamame	3.99

## HEALTHY WRAPS

calorie range 500-730

Includes choice of any Lower Carb or Power Side.

### MMG Signature Chicken 11.99 Steak 13.99

Chicken, turkey bacon, reduced fat cheddar, power blend of romaine, spinach and baby kale, tomatoes, red onions and zero carb signature sauce in a wrap

### Rocky Chicken 11.99 Steak 13.99

Chicken, turkey meatballs, part skim mozzarella and fat free marinara in wrap

### Santa Fe Chicken 11.99 Steak 13.99

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

### Veggie \*Vegetarian\* 10.99

Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a wrap

### BBQ Wrap Chicken 11.99 Steak 13.99

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

### Turkey Burger Wrap 12.99

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

### Tex-Mex Fajita Chicken 11.99 Steak 13.99

Chicken, sautéed green peppers and onions, reduced fat cheddar, fat free sour cream and salsa in a wrap

### Chicken Caesar Wrap Chicken 11.99 Steak 13.99

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

### Yee-Ha! Wrap Chicken 11.99 Steak 13.99

Chicken or steak, western potatoes, turkey bacon and zero carb signature sauce

### ADD-ONS:

Fat Free Sour Cream	.49
Reduced Fat Cheese	.79
Turkey Bacon	2.00
Turkey Chili	2.00

### EXTRAS:

Grilled Shrimp	3.99
Grilled Chicken	2.99
Grass Fed Steak	3.99

## POWER SIDES

calorie range 100-180

Brown Rice	3.99	Baked Potato	3.99
Western Potatoes	3.99	Pasta Salad	3.99
Red Beans & Brown Rice	3.99	Wild-Caught Salmon	7.99

## FIT BOWLS

calorie range 320-450

### Arizona GF Chicken 12.99 Steak 14.99

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

### Godfather GF Chicken 12.99 Steak 14.99

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

### Santa Ana GF Chicken 12.99 Steak 14.99

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

### El Mexicana GF Chicken 12.99 Steak 14.99

Chicken, sautéed green peppers and onions, reduced fat cheddar, salsa, tomatoes and scallions over red beans and brown rice

### Teriyaki Stir Fry Chicken 12.99 Steak 14.99

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

### Grilled Chicken GF Chicken 12.99 Steak 14.99

Chicken, broccoli and brown rice

### Turkey Chili Bowl GF Chicken 12.99 Steak 14.99

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

Pasta calorie range 650-710

### Cajun Chicken & Penne Chicken 12.99 Steak 14.99

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

### Sesame Teriyaki Penne Chicken 12.99 Steak 14.99

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

### Vodka & Penne Chicken 12.99 Steak 14.99

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



Godfather

## UPGRADED SIDES

calorie range 110-300

Turkey Meatballs	4.99	Shrimp	5.99
Turkey Chili	4.99	Grass Fed Steak	5.99
Grilled Chicken	5.49	Sweet Potato Fries	4.99
Avocado	4.99	Cauliflower Rice	4.99

## FRESH GREENS

calorie range 270-400

### Caesar Salad GF Chicken 11.99 Steak 14.99

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

### Kale and Quinoa Salad Chicken 11.99 Steak 14.99

Chicken, quinoa, roasted red peppers, avocado, Asian Sesame Ginger dressing on a power blend of romaine, spinach and baby kale

### Lean Turkey Taco Salad GF Chicken 11.99 Steak 14.99

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 11.99 Steak 14.99

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

### Italiano GF Chicken 11.99 Steak 14.99

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

### Cheeseburger Salad 11.99

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 11.99 Steak 14.99

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

### Lower Calorie Dressings

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



## MORE FIT FAVES

calorie range 140-380

### Lean & Loaded Baked Potato 4.49

Baked potato topped with low fat cheddar, scallions, fat free sour cream and lean turkey bacon

Add Turkey Chili 0.99

### Boneless Chicken Bites 5.99

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

- Barbecue
- Buffalo
- Spicy Barbecue
- Teriyaki

### Soup du Jour Cup 3.99 Bowl 5.99