

# VEGETARIAN

We only use vegetable stock in the preparation of our food

**Edamame** Lightly Salted **3.99** 240

**Veggie Wrap** **7.99** 449

Original or spicy with green peppers, onions, mushrooms, tomatoes and reduced-fat cheddar cheese in a garlic herb wrap

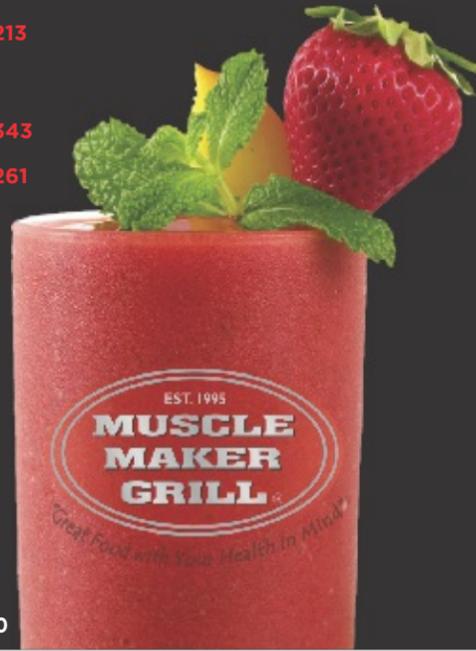
**Vegetarian Italiano Salad** **7.99** 213

fresh spinach, red roasted peppers, romaine, gluten-free and fat-free balsamic vinaigrette

**Penne with Marinara Sauce** **7.99** 343

**Brown Rice & Beans** **7.99** 261

Topped with tomatoes and scallions



# SHAKES

16 oz 5.00 | 32 oz 6.00

## Big Protein Shakes

<b>Chocolate Peanut Butter</b>	<b>195</b>	<b>390</b>	<b>Strawberry</b>	<b>140</b>	<b>280</b>
<b>Fresh Strawberry Banana</b>	<b>196</b>	<b>392</b>	<b>Snappy Apple</b>	<b>195</b>	<b>390</b>
<b>Chocolate</b>	<b>140</b>	<b>300</b>	<b>Chocolate Banana</b>	<b>196</b>	<b>392</b>
<b>Vanilla</b>	<b>140</b>	<b>280</b>	<b>Tropical Paradise</b>	<b>175</b>	<b>350</b>

# FRUIT SMOOTHIES

Small 4.50 | Medium 5.50 | Large 6.50

All natural, 100% fruit, with no sugar added **208** **336** **416**

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

add Protein 2.00 | add Banana and/or Peanut Butter 0.50

add Booster 1.00  
Fat Burner | Antioxidant | Muscle | Energy

# DESSERT

**No Sugar Added Cheesecake** **3.29** 360



Muscle Maker Grill has made an effort to provide complete and current nutrition information, but the hand-crafted nature of our menu items and other changes in recipes, ingredients, and kitchen procedures can cause variations from these values to occur. Therefore, the values shown here should be considered approximations. In addition, guests who have special food sensitivities, allergies or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Dressings that are listed as gluten free will be altered by adding other ingredients such as croutons, etc. All prices and calorie information are subject to change. Visit [www.musclemakergrill.com](http://www.musclemakergrill.com) for the most updated nutritional information.

# LEAN MEAL PLAN

SAVES YOU TIME, KEEPS YOU HEALTHY



## LIGHTER SIDE All entrées under 500 calories!

**Hollywood Salad** **GF** **6.99** 290

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

**Protein 33g | Carbs 4g | Fat 17g | Fiber 2g**

**Mona Lisa Wrap** **6.99** 500

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

**Protein 32g | Carbs 15g | Fat 18g | Fiber 7g**

**Champion Pasta** **6.99** 370

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

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

**Penne Romano** **6.99** 380

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

**Protein 36g | Carbs 42g | Fat 4.5g | Fiber 3g**

**Tucson** **GF** **6.99** 340

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

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

Hollywood Salad



Arizona



MMG Signature Wrap

**Catering • Delivery • Take Out**

\$1.50 Charge

MON - FRI: 10 AM - 8:30 PM SAT: 10 AM - 3 PM CLOSED SUNDAYS

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# WARM-UPS

- Nuggets** Chicken 4.99 | Shrimp 5.99  
Served with fat-free sour cream and celery
- Texas Style** - spicy 380
- Honey BBQ** 420
- Teriyaki** 360
- Edamame** Lightly Salted 3.99 240

- Loaded Baked Potato** 3.59 250  
With broccoli and reduced-fat cheddar cheese
- Soup of the Day** seasonal
- Cup** 2.99 90-150
- Bowl** 5.99 180-300
- Turkey Chili Cup** 4.75 300

# SIGNATURE SANDWICHES 8.15

Served with your choice of a side.

- Chicken Breast** 550  
Grilled chicken breast, turkey bacon, reduced-fat cheddar cheese, romaine, tomatoes and onions with our zero-carb signature sauce served on a whole wheat bun
- Premium Burger** 610  
Grass-fed beef burger, turkey bacon, reduced-fat cheddar cheese, romaine, tomatoes and onions with our zero-carb signature sauce served on a whole wheat bun



Santa Fe Wrap

# POWER PASTA 9.99

Served with 100% whole wheat pasta, regular penne pasta available

- Cajun Chicken & Penne** 750  
Cajun chicken breast in a red wine brown sauce, garnished with tomatoes and scallions served over pasta
- Penne & Reduced-Fat Vodka Sauce with Chicken** 620  
Chicken breast in a reduced-fat vodka sauce, garnished with parmesan served over pasta
- Sesame Chicken Teriyaki Pasta** 790  
Chicken breast in a rich Teriyaki sauce, garnished with sesame seeds served over pasta

- Substitutes** + 1.99
- shrimp** -40
- tilapia** + 50
- grass-fed steak** + 0



Cajun Chicken & Penne

# FIT WRAPS 8.15

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/ Gravy | Cucumber Salad | Broccoli Vegetable Medley | Caesar Salad | Pasta Salad | Western Potatoes
- UPGRADES** 1.50 Spinach Savory or Steamed | Cajun Pasta | Rice & Beans Turkey Bacon | Sweet Potato | Turkey Meatballs | Baked Potato
- 0.50 Extra Sauce | Reduced-Fat Cheddar Cheese Part Skim Mozzarella | Fat-Free Sour Cream

**MMG Signature Wrap** 710  
Grilled chicken breast, turkey bacon, reduced-fat cheddar cheese, romaine, tomatoes and onions with our zero-carb signature sauce in a jalapeño wrap

**Low-Carb Caesar Wrap** 650  
Grilled chicken breast, romaine lettuce, zero-carb Caesar dressing, topped with a touch of parmesan cheese in a white wrap

**European Wrap** 560  
Grilled chicken, savory spinach, roasted peppers and a touch of parmesan in an herb wrap

**Yee-ha! Wrap** 640  
Grilled chicken breast, turkey bacon, western potatoes and zero-carb signature sauce in a jalapeño wrap

**BBQ Wrap** 750  
Grilled chicken breast or steak, reduced-fat cheddar cheese and fat-free hickory BBQ sauce in a white wrap

**XXL Turkey Burger Wrap** 620  
Lean ground turkey, turkey bacon and reduced-fat cheddar cheese with fat-free secret sauce in a white wrap

**Tex-Mex Fajita Wrap** 630  
Fajita grilled chicken breast or steak, sizzling onions and peppers, reduced-fat cheddar cheese, fat-free sour cream and salsa in a jalapeño wrap

- Substitutes** + 1.99
- shrimp** -40
- tilapia** + 50
- grass-fed steak** + 0

# EXTRAS

Grilled Chicken Breast	3.99	280	Tilapia or Shrimp	5.59	260/170
Turkey Meatballs with marinara topped with parmesan cheese	3.99	330	Steak	4.99	210
Pasta Salad	3.25	150	Brown Rice w/ Gravy	3.25	180
Steamed Broccoli	2.99	40	Brown Rice & Beans	3.99	170
Cucumber Salad	3.25	25	Sweet Potato Fries	2.99	142
Guacamole	1.99	91	Baked Potato	1.99	160
Mixed Vegetables	2.99	25	Savory Spinach	3.99	50
Caesar Salad	2.99	80	Steamed Spinach	2.99	45
			Western Potatoes	2.99	90

# FIT SALADS 9.29

Croutons available upon request.\*

- Italiano Salad** GF 395  
Grilled chicken breast or steak, part skim mozzarella, fresh spinach, red roasted peppers, romaine, gluten- and fat-free balsamic vinaigrette
- Turkey Taco Salad** GF 440  
Lean ground turkey, red beans, reduced-fat cheddar cheese, romaine, tomatoes, scallions, salsa and fat-free sour cream
- Muscle Maker Caesar Salad** GF 320  
Grilled chicken breast or steak over crisp romaine hearts and parmesan cheese, served with zero-carb dressing

**Lean & Mean Cheeseburger Salad** 550  
Grass-fed beef burger atop romaine lettuce, tossed with reduced-fat cheddar cheese, drizzled with gluten- and fat-free BBQ Caesar dressing and garnished with tomatoes and scallions

**Mardi Gras Cajun Grilled Chicken Salad** GF 350  
Cajun seasoned grilled chicken breast on a bed of romaine with turkey bacon, tomatoes, onions and low-carb salsetta dressing

- Dressings**
- Fat-Free Balsamic Vinaigrette GF
- Zero-Carb Caesar GF
- Zero-Carb MMG Signature Sauce GF
- Fat-Free Honey Dijon GF
- Asian Sesame Ginger

- Substitutes** + 1.99
- shrimp** -40
- tilapia** + 50
- grass-fed steak** + 0



Mardi Gras Salad

# GUILTLESS ENTRÉES 9.99

- El Mexicana** GF 490  
Fajita grilled chicken breast, sizzling onions and peppers, reduced-fat cheddar cheese and salsa over brown rice and beans, garnished with tomatoes and scallions
- Teriyaki Stir-Fry** 540  
Grilled chicken breast, portabella mushrooms, onions, peppers, carrots and sesame seeds in a rich Teriyaki sauce over brown rice
- Arizona** GF 580  
Grilled chicken breast, turkey bacon over brown rice with tomatoes, scallions and gluten-free zero-carb signature sauce
- Grilled Entrée** GF 480  
Grilled chicken breast served with broccoli and baked potato

**Turkey Chili** GF 550  
Lean ground turkey, red beans, reduced-fat cheddar cheese, salsa, fat-free sour cream, tomatoes and scallions over brown rice

**Godfather** GF 440  
Grilled chicken breast, portabella mushrooms, red roasted peppers, part skim mozzarella, gluten- and fat-free balsamic vinaigrette, served over broccoli

- Substitutes** + 1.99
- shrimp** -40
- tilapia** + 50
- grass-fed steak** + 0



Godfather

GF - indicates a gluten-free menu item.  
Calories are noted in RED.

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

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition. All calories listed are approximations based on weight. We use 0 calorie, fat- and carb-free butter spray on vegetables and potatoes. All cheese portions are 5 grams of fat or less.

\* Croutons contain gluten.