

SMOOTHIES & SHAKES

calorie range 208-416

Fruit Smoothies - 100% Fruit

- Strawberry
- Mango Tropics
- Peach Pear Apricot
- Four Berry
- Pineapple
- Carrot Orange

Organic Smoothies

- Strawberry Banana
- Carrot Apple



Original	4.99	Organic +1.00
Large	5.99	Organic +2.00

Protein Shakes

calorie range 140-392

- Orange Dreamsicle
- Chocolate Peanut Butter
- Banana Berry Blast
- Snappy Apple
- Vanilla
- Chocolate
- Strawberry
- Tropical Paradise

Original	4.99
Large	6.99

Add-Ins

Peanut Butter, Banana, Baby Kale, Spinach	+1.00
Extra Protein	+2.00

Boosters ADD TO ANY SHAKE OR SMOOTHIE!

Fat Burner, Antioxidant, High Energy, Muscle

All Boosters	1.00
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MEAL PLANS

Starting at \$8 Per Meal

HEALTHY CATERING
(212) 280-1626

We use GRASS-FED steak and ALL-NATURAL chicken

OFFICIAL WRAP OF



SHOW SOME LOVE TO
THE MOST IMPORTANT MUSCLE IN YOUR BODY



VERMONT COUNTRY FARMS™
MADE IN THE VERMONT TRADITION

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.



CATERING • DELIVERY • MEAL PLANS
Order Online: OrderMMG.com

2735 Broadway
New York, NY 10025

(212) 280-1626
Fax: (212) 280-1624

We use eco-friendly products including bags and packaging

WHOLESOME BEGINNINGS

calorie range 121-287

Chargrilled Chicken Strips **5.29**

Choice of dipping sauce:
Buffalo, BBQ, MMG Signature, or Asian Sesame Ginger

Edamame **3.99**

Healthy Seasonal Soup **3.99**

Turkey Chili **4.99**

FRESH GREENS

calorie range 270-400

Kale and Quinoa Salad

Chicken, white quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale

Asian Sesame Ginger

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

Italiano **GF**

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

Chicken Caesar Salad **GF**

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

Lean Turkey Taco **GF**

Lean ground turkey chili, red beans, reduced-fat cheddar cheese, salsa, tomatoes, scallions and fat-free sour cream on a power blend of romaine, spinach and baby kale

Mardi Gras Cajun Grilled Chicken **GF**

Cajun seasoned grilled chicken, turkey bacon, tomatoes, onions and low-carb salsa on a power blend of romaine, spinach and baby kale

Regular (as stated)	Original	9.99	Extra Protein	+1.99
Sub Steak or Shrimp	Original	+1.99	Extra Protein	+2.99

Low Calorie Dressings

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

Pick Two Combo: 8.99
Soup • ½ Salad

SUPERFOOD SIDES

calorie range 24-142

Baby Kale	1.99	Steamed Broccoli	2.99
Quinoa	1.99	Black Beans	1.99
Avocado	1.99	Sweet Potato Sticks	3.99
Guacamole	2.99	Savory Spinach	2.99

HEALTHY WRAPS

Includes **FREE** side Caesar

calorie range 500-730

MMG Signature

Chicken, turkey bacon, reduced-fat cheddar cheese, power blend (romaine, spinach and baby kale), tomatoes, onions and zero-carb signature sauce in a jalapeño wrap

Rocky

Chicken, turkey meatballs, part-skim mozzarella and fresh fat-free marinara in a garlic herb wrap

Santa Fe

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

Kale and Quinoa Wrap

Chicken, white quinoa, power blend (romaine, spinach and baby kale), roasted red peppers, avocado and Asian sesame ginger dressing in a spinach wrap

Chicken Caesar Wrap

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

Veggie ***Vegetarian***

Original or spicy with green peppers, onions, mushrooms, rice, beans and reduced-fat cheddar cheese in a spinach wrap

Yee-Ha!

Chicken, turkey bacon, western potatoes and zero-carb signature sauce in a jalapeño wrap

BBQ Chicken Wrap

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

XXL

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

Tex-Mex Fajita

Chicken, onions and peppers, reduced-fat cheddar cheese, fat-free sour cream and salsa in a jalapeño wrap

Regular (as stated)	Original	8.99	Extra Protein	+1.99
Sub Steak or Shrimp	Original	+1.99	Extra Protein	+2.99
Add Soup		+1.99		

DELICIOUS SIDES

calorie range 36-325

Caesar Salad	2.99	Vegetable Medley	2.99
Brown Rice	2.99	Baked Potato	2.99
Brown Rice & Beans	2.99	Turkey Meatballs	4.99
Cucumber Salad	2.99		

FIT BOWLS

calorie range 320-450

Arizona **GF**

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

Godfather **GF**

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

El Mexicana **GF**

Chicken, onions and peppers, reduced-fat cheddar cheese, salsa, tomatoes and scallions over brown rice and beans

Teriyaki Stir-Fry

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

Grilled Chicken **GF**

Chicken, broccoli and brown rice

Turkey Chili Bowl **GF**

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

Pasta calorie range 650-710

Cajun Chicken & Penne

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

Sesame Chicken Teriyaki Pasta

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

Penne & Reduced-Fat Vodka Sauce with Chicken

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

Regular (as stated)	Original	10.99	Extra Protein	+1.99
Sub Steak or Shrimp	Original	+1.99	Extra Protein	+2.99
Add Soup		+1.99		

LEAN PROTEIN SIDES

calorie range 281-325

Grilled Chicken	4.49
USDA Grass-Fed Steak	5.29
Shrimp	5.99