

# 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**  
(917) 388-2518

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](http://OrderMMG.com)

347 3rd Avenue  
New York, NY 10010

(917) 388-2518  
Fax: (917) 388-2463

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 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 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 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 and baby kale
- Mardi Gras Cajun Grilled Chicken** **GF**  
Cajun seasoned grilled chicken, turkey bacon, tomatoes, onions and low-carb salsetta on a power blend of romaine and baby kale

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

## 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 and baby kale), spinach, 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, brown 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	<b>8.99</b>	Extra Protein	<b>+1.99</b>
Sub Steak or Shrimp	Original	<b>+1.99</b>	Extra Protein	<b>+2.99</b>
Add Soup		<b>+1.99</b>		

# 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	<b>10.99</b>	Extra Protein	<b>+1.99</b>
Sub Steak or Shrimp	Original	<b>+1.99</b>	Extra Protein	<b>+2.99</b>
Add Soup		<b>+1.99</b>		

# LEAN PROTEIN SIDES

calorie range 281-325

Grilled Chicken	4.49
USDA Grass-Fed Steak	5.29
Shrimp	5.99