

OUR STORY

At the age of 18, **Rod Silva**, our founder, began working out. He soon learned that 80% of the results of exercise are due to eating the right foods and he could not find any restaurants that served great tasting food with the correct nutrition he required. On December 8th of 1995, Rod opened the doors to a protein smoothie store in Colonia, New Jersey, which also carried a full line of sports supplement products. Rod was 23 years old, still exercising more than ever. While running the smoothie store, Rod would bring his food for lunch and dinner. Customers would smell the delicious aroma and would ask if they could buy his food. Rod started cooking extra food and began selling the tasty, nutritious meals to his customers. From our humble beginnings and a \$15,000 loan on Rod's 1990 Nissan Maxima, **Muscle Maker Grill** was born. Rod, having come from a family of great cooks, began creating recipes for...**"Great Food With Your Health in Mind"**

CATERING *It's Our Specialty!* Entrée Package

Starting at 11.99 per person

HOT ENTRÉES

Your choice of one:

Teriyaki Grilled Chicken Stir-Fry Entrée

Grilled chicken with portabella mushrooms, onions, peppers and carrots in Teriyaki sauce and sesame seeds over brown rice

Arizona Entrée

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

El Mexicana Entrée

Fajita grilled chicken breast, sizzling onions and peppers, reduced fat cheddar cheese and salsa over brown rice and beans, garnished with tomatoes & scallions

CHOICE OF ONE PASTA

Choice of Sauce

Vodka, Teriyaki, Marinara or Cajun

CHOICE OF ONE SALAD

Tossed or Caesar Salad

Choice of Gluten-Free Dressing:

Fat-Free Balsamic Vinaigrette, Zero Carb Caesar, Zero Carb MMG Signature Sauce, Fat-Free Honey Dijon

Wrap Package

Starting at 9.99 per person

ASSORTED WRAPS

CHOICE OF ONE PASTA

Choice of Sauce

Vodka, Teriyaki, Marinara or Cajun

CHOICE OF ONE SALAD

Tossed or Caesar Salad

Choice of Gluten-Free Dressing:

Fat-Free Balsamic Vinaigrette, Zero Carb Caesar, Zero Carb MMG Signature Sauce, Fat-Free Honey Dijon

ADD STEAK, SHRIMP OR FRESH FISH TO ANY PACKAGE 3.00 per person

ADD CHICKEN TO ANY SALAD 2.00 per person



"Muscle Maker Grill exclusively serves the Coca-Cola family of beverages"

PROTEIN COOKIE TRAY

Two-pack healthy protein cookies

Additional 2.99 per person

Package Upgrades

4.49 per person

Your choice of **Chicken Breast Nuggets**

OR

Baked Turkey Meatballs



PROTEIN SHAKE



SUGAR-FREE CHEESECAKE

BIG PROTEIN SHAKES 6.00

Chocolate Peanut Butter 390 calories

Fresh Strawberry Banana 392 calories

Chocolate 280 calories

Vanilla 280 calories

Strawberry 280 calories

Snappy Apple 390 calories

Chocolate Banana 392 calories

Tropical Paradise 350 calories

FRUIT SMOOTHIES

All natural, 100% fruit, with no sugar added.
208 - 336 calories

Available in three flavors: Mango Tropics, Four Berry and Strawberry.

Small - 3.99 Medium - 4.99 Large - 7.99
Add Protein - 2.00 Add Banana - 0.50



WE CATER CORPORATE & PRIVATE EVENTS!



ASSORTED SALADS & SIDES



PROTEIN COOKIE TRAY



ASSORTED WRAPS

Over 200 Sold in 3 Years!

Healthy Operations in New York, New Jersey, Florida, California, Texas, Oklahoma, Arkansas, Pennsylvania, Illinois, Connecticut, and Missouri

America's Hottest Concept

FOR FRANCHISE OR INVESTOR INFORMATION, VISIT WWW.MUSCLEMAKERGRILL.COM

6415 SAN FELIPE STREET, SUITE B
HOUSTON, TX
713.627.0915
FAX: 713.783.0420
Call Ahead - We're Always Busy



CAJUN CHICKEN & PENNE



WE CATER • WE DELIVER • TAKE OUT

WE ARE RECOMMENDED BY HealthyDiningFinder.com "DIETICIAN APPROVED"

HOURS OF OPERATION
MON - SAT 10:30 AM - 9 PM • SUN 11 AM - 7 PM



About Our Nutrition

Everyone's idea of nutrition is different. Some people want low carbohydrates, some high protein, some low fat and others low calories. One way to look at it is if you are a calorie counter. If I have 100 calories of food in my left hand and 160 calories of food in my right hand, which one is better for you? The left one, correct? Well, if the 100 calorie, left hand was full of cookies and the 160 calorie, right hand was lean chargrilled chicken, what would your answer be? Obviously the lean grilled chicken, but the point is that nutrition is looked at differently by all of us. At **Muscle Maker Grill**, we take the food you love to eat - Italian, Asian, American, Cajun, Mexican and Southwestern - and make them with a healthy twist! - **The Muscle Maker Grill Team**

Printed and Designed by
letsprintit.com 888.303.3363

Muscle Maker uses All-Natural Grassfed Beef

WARM-UPS

Nuggets

Choice of Chicken - 4.99 or Shrimp - 6.98
Texas Style 289 calories
Honey BBQ 297 calories
Teriyaki 305 calories
Served with fat-free sour cream and celery.

Loaded Baked Potato 209 calories

With broccoli and reduced fat cheddar cheese - 3.49

Soup Of The Day (Seasonal)

Bowl - 5.99 120 - 240 calories
Cup - 2.99 60 - 120 calories
Turkey Chili Cup - 4.99 287 calories



TEXAS CHICKEN NUGGETS



ITALIANO SALAD

GF Italiano Salad 213 calories

Reduced fat mozzarella, fresh spinach, red roasted peppers, romaine, gluten and fat-free balsamic vinaigrette and croutons
...with Steak - 11.29 ...with Chicken - 9.29

GF Turkey Taco Salad 523 calories

Lean ground turkey, red beans, reduced fat cheddar cheese, romaine, tomatoes, scallions, salsa and fat-free sour cream - 9.29

SIGNATURE SANDWICHES

Chicken Breast 572 calories

With turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb Signature sauce - 8.29

Premium Burger 665 calories

With turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb Signature sauce - 8.29

Ask About Our KIDS MENU

Free Side!
w/ Wrap or Sandwich

WRAPS

Save 100 calories with our low carb wraps available for 75¢

FREE SIDES: Baked Potato, Brown Rice, Cucumber Salad, Broccoli, Western Potatoes, Vegetable Medley, Caesar Salad or Pasta Salad

UPGRADED SIDES: Spinach, Cajun Pasta, Rice & Beans, Turkey Meatballs, Turkey Bacon or Pop Chips® - Add 1.00 each

Extra Sauce, Reduced Fat Cheddar Cheese Or Fat-free Sour Cream - Add 50¢

SUBSTITUTE SHRIMP 173 calories or **FRESH FISH** 290 calories - 1.99

MMG Signature Wrap 651 calories

Turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb signature sauce in a jalapeño wrap
...with Steak - 10.29 ...with Chicken - 8.29

Rocky Balboa Wrap 747 calories

Grilled chicken breast, turkey meatballs, reduced fat mozzarella and marinara in an herb wrap - 8.29

Santa Fe Wrap 788 calories

Turkey bacon, red beans and brown rice, reduced fat cheddar cheese and zero carb signature sauce in a jalapeño wrap
...with Steak - 10.29 ...with Chicken - 8.29

Low Carb Caesar Wrap 670 calories

Romaine lettuce, zero carb Caesar dressing, topped with a touch of parmesan cheese in a white wrap
...with Steak - 10.29 ...with Chicken - 8.29

European Wrap 542 calories

Grilled chicken, savory spinach, roasted peppers and parmesan in an herb wrap - 8.29

EXTRAS

Grilled Chicken Breast 281 calories - 3.99

Turkey Meatballs 325 calories - 3.99

Pasta Salad 237 calories - 2.99

Steamed Broccoli 24 calories - 2.99

Cucumber Salad 36 calories - 2.99

Brown Rice 329 calories - 2.99

VEGETARIAN

WE USE ONLY VEGETABLE STOCK IN THE PREPARATION OF OUR FOOD

Edamame 121 calories - 3.79

Veggie Wrap 449 calories - 6.99

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



MMG SIGNATURE WRAP

Yee-ha! Wrap 679 calories

Turkey bacon, western potatoes and zero carb signature sauce in a jalapeño wrap
...with Steak - 10.29 ...with Chicken - 8.29

BBQ Wrap 716 calories

Reduced fat cheddar cheese and fat-free hickory BBQ sauce in a white wrap
...with Steak - 10.29 ...with Chicken - 8.29

XXL Turkey Burger Wrap 598 calories

Lean ground turkey, turkey bacon and reduced fat cheddar cheese with fat-free secret sauce in a white wrap - 8.29

Turkey Meatball Parmesan Wrap 762 calories

With marinara sauce and reduced fat mozzarella cheese in an herb wrap - 8.29

Tex-Mex Fajita Wrap 607 calories

Sizzling onions and peppers, reduced fat cheese, fat-free sour cream and salsa in a jalapeño wrap
...with Steak - 10.29 ...with Chicken - 8.29

We use 0% calorie, fat and carb-free butter spray on vegetables. All cheese portions are 5 grams of fat or less.

Fresh Fish or Shrimp 290/173 calories - 5.59

USDA Steak 282 calories - 4.99

Baked Potato 142 calories - 1.99

Sweet Potato Fries 110 calories - 3.99

Western Potatoes 138 calories - 2.99

Brown Rice & Beans 261 calories - 3.99

Savory Spinach 95 calories - 3.99

Caesar Salad 135 calories - 2.99

Vegetarian Italiano Salad 213 calories - 7.99

Penne with Marinara Sauce 343 calories - 7.99

Brown Rice & Beans 323 calories - 7.29



CAJUN CHICKEN & PENNE

Cajun Chicken & Penne 677 calories

Chicken breast in a red wine brown sauce, garnished with tomatoes and scallions - 9.99

Penne & Reduced Fat Vodka Sauce with Chicken 608 calories

Chicken breast in a reduced fat vodka sauce, garnished with parmesan - 9.99

GUILTLESS ENTREES

SUBSTITUTE SHRIMP 173 calories or **FRESH FISH** 290 calories - 1.99

GF El Mexicana 484 calories

Fajita grilled chicken breast or steak, sizzling onions and peppers, reduced fat cheddar cheese and salsa over brown rice and beans, garnished with tomatoes and scallions
...with Steak - 11.99 ...with Chicken - 9.99

Teriyaki Grilled Chicken Stir-Fry 759 calories

Grilled chicken breast, portabella mushrooms, onions, peppers, carrots and sesame seeds in a rich Teriyaki sauce over brown rice - 9.99



GODFATHER

POWER PASTA

100% whole wheat. Regular penne pasta available.

SUBSTITUTE STEAK 282 calories, **SHRIMP** 173 calories or **FRESH FISH** 290 calories - 1.99

Sesame Chicken Teriyaki Pasta 787 calories

Chicken breast served over pasta in a rich Teriyaki sauce, garnished with sesame seeds - 9.99



ARIZONA

GF Arizona 596 calories

Turkey bacon over brown rice with tomatoes, scallions and gluten-free zero carb signature sauce
...with Steak - 11.99 ...with Chicken - 9.99

GF Grilled Chicken Entrée 462 calories

Grilled chicken breasts served with broccoli and baked potato - 9.99

GF Turkey Chili 725 calories

Lean ground turkey, red beans, reduced fat cheddar cheese, salsa, fat-free sour cream, tomatoes and scallions over brown rice - 9.99

GF Godfather 410 calories

Grilled chicken breast, portabella mushrooms, red roasted peppers, reduced fat mozzarella, gluten and fat-free balsamic vinaigrette, served over broccoli - 9.99

Texas 391 calories

Spicy Texas BBQ chicken breast topped with reduced fat cheddar cheese and fat-free sour cream - 9.99

GF - Indicates Gluten-Free Menu Item



WE ARE RECOMMENDED BY
HealthyDiningFinder.com
"DIETICIAN APPROVED"

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.

Muscle Maker Grill has made an effort to provide complete and current nutrition information, but the hand-crafted nature of our menu items and 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. For the most up to date and current nutritional information, check our website at musclemakergrill.com. Prices subject to change.

\$1.50 Delivery Charge