

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 restaurant 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

12.99 per person

Teriyaki Grilled Chicken Stir-Fry Entrée

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

HOT ENTRÉES

Your choice of one:

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

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

PROTEIN COOKIE TRAY

Two-pack healthy protein cookies
Additional 2.99 per person

Package Upgrades

4.99 per person

Your choice of Chicken Breast Nuggets

OR

Baked Turkey Meatballs

Assorted Bottled Drinks Available



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



@MMG_StCharles



Muscle Maker Grill St Charles



MuscleMakerGrillTV



PROTEIN SHAKE



SUGAR-FREE CHEESECAKE

BIG PROTEIN SHAKES

32oz. 6.00

CHOCOLATE 160 calories

VANILLA 280 calories

STRAWBERRY 250 calories

CHOCOLATE BANANA 392 calories

VANILLA BANANA 392 calories

STRAWBERRY BANANA 392 calories

CHOCOLATE PEANUT BUTTER 390 calories

VANILLA PEANUT BUTTER 390 calories

STRAWBERRY PEANUT BUTTER 390 calories

SUGAR-FREE CHEESECAKE - 2.99
360 calories

FRUIT SMOOTHIES

All natural, 100% fruit, with no sugar added.

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

Small - 3.99 Medium - 4.99

208-224 cal 312-336 cal

Add Protein - 2.00 Add Banana - 0.50



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**

America's Hottest Concept

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

Over 200 Sold in 3 Years!

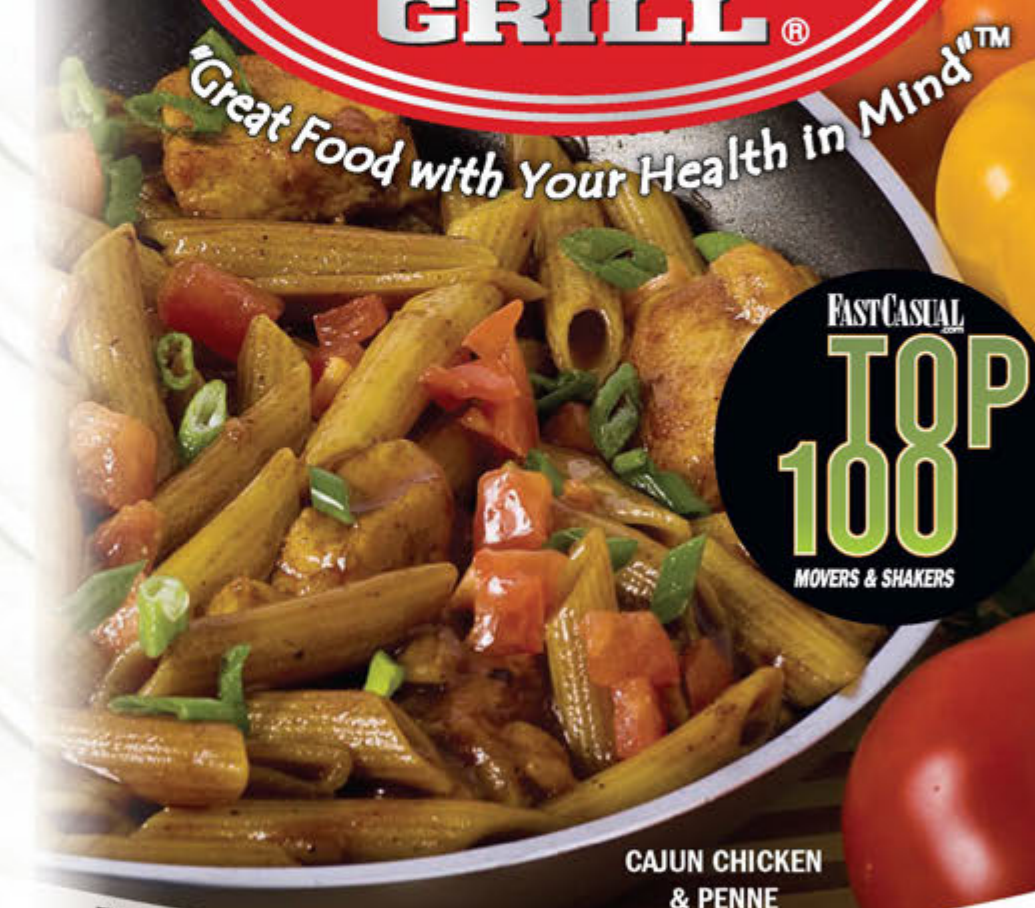
FOR FRANCHISE OR INVESTOR INFORMATION,
VISIT WWW.MUSCLEMAKERGRILL.COM

1840 W. Main Street
ST. CHARLES, IL.

847.660.7409

Fax: 630.549.7349

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 - THURS 11 AM - 9 PM • FRI & SAT 11 AM - 7 PM
SUNDAY 11 AM - 5 PM

WWW.MUSCLEMAKERGRILL.COM

WE DELIVER ALL DAY, EVERY DAY!

Call Ahead **847.660.7409**

\$2.00 DELIVERY CHARGE
\$15.00 MINIMUM ORDER

NEW!

All Dressings are Gluten Free

Free Side!
w/ Wrap or Sandwich

WARM-UPS

SUBSTITUTE SHRIMP 173 calories - 2.00

Texas Chicken Nuggets 284 calories
Served with fat-free sour cream and celery - 4.99

Honey BBQ Nuggets 229 calories
Served with fat-free sour cream and celery - 4.99

Teriyaki Chicken Nuggets 281 calories
Served with fat-free sour cream and celery, garnished with sesame seeds - 4.99

Loaded Baked Potato 209 calories
With broccoli and reduced fat cheddar cheese - 3.49

Edamame 120 calories
Soy beans, steamed and lightly salted - 3.99



TEXAS CHICKEN NUGGETS

Soup Of The Day (Seasonal)
Bowl - 5.99 120 - 240 calories
Cup - 2.99 60 - 120 calories

FIT SALADS

Gluten Free Dressings*

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

SUBSTITUTE SHRIMP 173 calories
or **FRESH FISH** 290 calories - 2.00

Muscle Maker Caesar Salad
Served with zero carb dressing 122 calories - 7.29
...with Steak - 11.29 ...with Chicken - 9.29

Lean & Mean Cheeseburger Salad 584 calories
Premium beef burger atop romaine lettuce with reduced fat cheddar cheese and fat-free hickory BBQ dressing, garnished with tomatoes and scallions - 9.29

Mardi Gras Cajun Grilled Chicken Salad 415 calories
Cajun seasoned grilled chicken breast on a bed of romaine with turkey bacon, tomatoes, onions and low carb salsetta dressing - 9.29

*Croutons contain gluten.



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 a 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.

Prices are subject to change.

WRAPS

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

CHOICE OF SIDE: Baked Potato, Brown Rice, Cucumber Salad, Broccoli, Western Potatoes, Vegetable Medley, Caesar Salad or Pasta Salad
SPINACH, CAJUN PASTA, RICE & BEANS, TURKEY MEATBALLS or 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 550 calories
Turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb signature sauce in a jalapeño wrap
...with Steak - 9.99 ...with Chicken - 7.99

Rocky Balboa Wrap 680 calories
Grilled chicken breast, turkey meatballs, reduced fat mozzarella and marinara in an herb wrap - 7.99

Santa Fe Wrap 681 calories
Turkey bacon, red beans and brown rice, reduced fat cheddar cheese and zero carb signature sauce in a jalapeño wrap
...with Steak - 9.99 ...with Chicken - 7.99

Low Carb Caesar Wrap 563 calories
Romaine lettuce, zero carb Caesar dressing, topped with a touch of parmesan cheese in a white wrap
...with Steak - 9.99 ...with Chicken - 7.99

European Wrap 543 calories
Grilled chicken, savory spinach, roasted peppers and parmesan in an herb wrap - 7.99

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

SIGNATURE SANDWICHES

Chicken Breast 497 calories
With turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb Signature sauce - 8.99

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
Sweet Potato Fries 110 calories - 3.99

VEGETARIAN

WE USE ONLY VEGETABLE STOCK
IN THE PREPARATION OF OUR FOOD

Vegetarian Italiano Salad 117 calories - 7.99

Veggie Wrap Original or spicy 440 calories - 6.99



MMG SIGNATURE WRAP

Yee-ha! Wrap 545 calories
Turkey bacon, western potatoes and zero carb signature sauce in a jalapeño wrap
...with Steak - 9.99 ...with Chicken - 7.99

BBQ Wrap 674 calories
Reduced fat cheddar cheese and fat-free hickory BBQ sauce in a white wrap
...with Steak - 9.99 ...with Chicken - 7.99

XXL Turkey Burger Wrap 691 calories
Lean ground turkey, turkey bacon and reduced fat cheddar cheese with fat-free secret sauce in a white wrap - 7.99

Turkey Meatball Parmesan Wrap 746 calories
With marinara sauce and reduced fat mozzarella cheese in an herb wrap - 7.99

Tex-Mex Fajita Wrap 635 calories
Sizzling onions and peppers, reduced fat cheese, fat-free sour cream and salsa in a jalapeño wrap
...with Steak - 9.99 ...with Chicken - 7.99

Premium Burger 589 calories
With turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb Signature sauce - 8.99

Baked Potato 142 calories - 1.99

Western Potatoes 138 calories - 2.99

Brown Rice & Beans 248 calories - 3.99

Savory Spinach 95 calories - 3.99

Fresh Fish or Shrimp 290/173 calories - 5.99

USDA Steak 282 calories - 4.99

Edamame 120 calories - 3.99

Penne with Marinara Sauce 356 calories - 7.99

Brown Rice & Beans 323 calories - 7.29



CAJUN CHICKEN & PENNE

POWER PASTA

100% whole wheat. Regular penne pasta available. Portions are enough for two servings.

SUBSTITUTE SHRIMP 173 calories
or **FRESH FISH** 290 calories - 2.00

Cajun Chicken & Penne 330 calories per serving
Chicken breast in a red wine brown sauce, garnished with tomatoes and scallions - 9.99

Penne & Reduced Fat Vodka Sauce with Chicken 322 calories per serving
Chicken breast in a reduced fat vodka sauce, garnished with parmesan - 9.99

Sesame Chicken Teriyaki Pasta 399 calories per serving
Chicken breast served over pasta in a rich Teriyaki sauce, garnished with sesame seeds - 9.99

GUILTLESS ENTREES

Portions are enough for two servings.

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

El Mexicana 353 calories per serving
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

Turkey Chili 341 calories per serving
Lean ground turkey, red beans, reduced fat cheddar cheese, salsa, fat-free sour cream, tomatoes and scallions over brown rice - 9.99

Teriyaki Grilled Chicken Stir-Fry 374 calories per serving
Grilled chicken breast, portabella mushrooms, onions, peppers, carrots and sesame seeds in a rich Teriyaki sauce over brown rice - 9.99



ARIZONA

Arizona 291 calories per serving
Turkey bacon over brown rice with tomatoes scallions and gluten-free zero carb signature sauce
...with Steak - 11.99 ...with Chicken - 9.99

Grilled Chicken Entrée 234 calories per serving
Grilled chicken breasts served with broccoli and baked potato - 9.99

LOW CARB SOLUTION

Served over broccoli.

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

Godfather 335 calories
Grilled chicken breast, portabella mushrooms, red roasted peppers, reduced fat mozzarella, gluten and fat-free balsamic vinaigrette - 9.99

Texas 410 calories
Spicy Texas BBQ chicken breast topped with reduced fat cheddar cheese and fat-free sour cream - 9.99



GODFATHER

Tuscany 366 calories
Chicken breast, gluten-free zero carb signature sauce and reduced fat cheddar - 9.99