

SMOOTHIES & SHAKES

calorie range 208-416

Fruit Smoothies - 100% Fruit

Strawberry Four Berry
Mango Tropics Pineapple
Peach Pear Apricot Carrot Orange

Organic Smoothies

Strawberry Banana
Carrot Apple



Original	4.99	Organic +1.00
Large	6.99	Organic +2.00

Protein Shakes

calorie range 140-392

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

Original	4.99
Large	6.99

Add-Ins

Peanut Butter, Banana, Baby Kale, Spinach	+0.50
Extra Protein	+2.00

Boosters ADD TO ANY SHAKE OR SMOOTHIE!

Fat Burner, Antioxidant, High Energy, Muscle

All Boosters	0.99
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Ask About Our
MEAL PLANS

HEALTHY
CATERING
(646) 682-7402

We use GRASS-FED steak and ALL-NATURAL chicken

SIGNATURE SANDWICHES

calorie range 500-570

Includes Choice of: Any Delicious Side
Upgrade to any Power Side + \$1.00

Chicken Breast

Grilled chicken breast, turkey bacon, romaine, tomatoes and onions with our zero-carb signature sauce served on a whole wheat bun

Premium Burger

Grass-fed beef burger, turkey bacon, romaine, tomatoes and onions with our zero-carb signature sauce served on a whole wheat bun

Regular (as stated)	Original	8.99
Add Cheese		+0.79

SHOW SOME LOVE TO
THE MOST IMPORTANT MUSCLE IN YOUR BODY



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

1413 2nd Avenue
New York, NY 10021
(646) 682-7402
(646) 682-7643
Fax: (646) 682-7673

We use eco-friendly products including bags and packaging

WHOLESOME BEGINNINGS

calorie range 121-287

Chargrilled Chicken Strips **4.69**

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

Local produce when available

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, spinach and baby kale

Lean Turkey Taco Salad **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 salsetta on a power blend of romaine, spinach and baby kale

Pick Two Combo: 8.99
Soup • ½ Salad

Low Calorie Dressings

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

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

POWER SIDES

calorie range 24-142

Baby Kale*	2.99	Steamed Broccoli*	2.99
Quinoa*	2.99	Avocado*	2.99
Sweet Potato Fries*	2.99	Savory Spinach*	2.99
Turkey Meatballs	2.99	Baked Potato*	2.99

Superfoods denoted by *

HEALTHY WRAPS

calorie range 500-730

Includes Choice of: Any Delicious Side

Upgrade to any Power Side + \$1.00

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	1.99	Vegetable Medley	1.99
Brown Rice	1.99	Brown Rice & Beans	1.99
Cucumber Salad	1.99	Western Potatoes	1.99

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

Santa Ana **GF**

Chicken, turkey bacon, reduced-fat cheddar cheese and zero-carb signature sauce over red beans and brown rice

EI 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	2.99
USDA Grass-Fed Steak	4.49
Shrimp	3.99

We have 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. The values shown here should be considered approximations. 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. Dressing that are listed as gluten free will be altered by adding other ingredients such as croutons, etc. Prices subject to change.