

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 | 6.29 | Organic +2.00 |

Protein Shakes

calorie range 140-392

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

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|----------|------|
| Original | 5.00 |
| Large | 6.00 |

Add-Ins

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|---|-------|
| 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

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|--------------|------|
| All Boosters | 0.99 |
|--------------|------|

MEAL PLANS

Starting at \$7 Per Meal

HEALTHY
CATERING
(252) 756-6000

We use GRASS-FED steak and ALL-NATURAL chicken

SKINNY FLATBREADS

Whole Grain calorie range 580-750

Traditional Cheese *Vegetarian*

Part-skim mozzarella, parmesan and fresh fat-free marinara sauce

MMG Margherita *Vegetarian*

Red ripe tomatoes with part-skim mozzarella, basil and parmesan

Classic White *Vegetarian*

Part-skim mozzarella, parmesan, spinach and roasted garlic

California Veggie *Vegetarian*

Broccoli, power blend (romaine and baby kale), spinach, red onions, mushrooms, tomatoes, part-skim mozzarella and fresh fat-free marinara sauce

BBQ Chicken Flatbread

Chicken, fat-free hickory BBQ sauce, reduced-fat cheddar and red onion

The Works

Turkey Meatballs, turkey bacon, turkey pepperoni, part-skim mozzarella, red onions, green peppers, mushrooms and fat-free marinara sauce

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|-----------------------|---------|
| Vegetarian Flatbreads | 6.99 |
| Protein Flatbreads | 8.99 |
| Additional Toppings | 1.00 ea |

SIGNATURE SANDWICHES

Includes FREE side Caesar calorie range 500-570

Chicken Breast

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

Premium Burger

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

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|---------------------|----------|------|---------------|-------|
| Regular (as stated) | Original | 8.99 | Extra Protein | +1.99 |
|---------------------|----------|------|---------------|-------|

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

3150 Evans Street
Suite P
Greenville, NC 27834
(252) 756-6000

We use eco-friendly products including bags and packaging

WHOLESOME BEGINNINGS

calorie range 121-287

Chargrilled Chicken Strips **3.79**

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

Edamame **3.79**

Healthy Seasonal Soup **2.99**

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 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 salsetta on a power blend of romaine, spinach and baby kale

Pick Two Combo: 8.99
Soup • ½ Salad • ½ Flatbread

Low Calorie Dressings

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

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|---------------------|----------|--------------|---------------|--------------|
| Regular (as stated) | Original | 8.99 | Extra Protein | +1.89 |
| Sub Steak or Shrimp | Original | +1.89 | Extra Protein | +2.89 |

SUPERFOOD SIDES

calorie range 24-142

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|-----------|------|---------------------|------|
| Baby Kale | 1.99 | Steamed Broccoli | 1.99 |
| Quinoa | 1.99 | Black Beans | 1.99 |
| Avocado | 1.99 | Sweet Potato Sticks | 1.99 |
| Guacamole | 1.99 | Savory Spinach | 1.99 |

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

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|---------------------|----------|--------------|---------------|--------------|
| Regular (as stated) | Original | 7.99 | Extra Protein | +1.89 |
| Sub Steak or Shrimp | Original | +1.89 | Extra Protein | +2.89 |
| Add Soup | | +1.99 | | |

DELICIOUS SIDES

calorie range 36-325

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|--------------------|------|------------------|------|
| Caesar Salad | 1.99 | Vegetable Medley | 1.99 |
| Brown Rice | 1.99 | Baked Potato | 1.99 |
| Brown Rice & Beans | 1.99 | Turkey Meatballs | 2.99 |
| Cucumber Salad | 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

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

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|---------------------|----------|--------------|---------------|--------------|
| Regular (as stated) | Original | 9.99 | Extra Protein | +1.89 |
| Sub Steak or Shrimp | Original | +1.89 | Extra Protein | +2.89 |
| Add Soup | | +1.99 | | |

LEAN PROTEIN SIDES

calorie range 281-325

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|----------------------|------|
| Grilled Chicken | 2.99 |
| USDA Grass-Fed Steak | 3.99 |
| Shrimp | 3.99 |