

SMOOTHIES & SHAKES

Fruit Smoothies - 100% Fruit

Strawberry 210/263 **Four Berry** 210/263
Mango Tropics 210/263 **Pineapple** 210/263
Peach Pear Apricot 210/263 **Carrot Orange** 210/263

Organic Smoothies

Strawberry Banana 210/263
Carrot Apple 210/263



Original	4.99	Organic +1.00
Large	6.99	Organic +2.00

Protein Shakes

Orange Dreamsicle 290/580 **Vanilla** 140/280
Chocolate Peanut Butter 240/480 **Chocolate** 150/300
Banana Berry Blast 290/580 **Strawberry** 140/280
Snappy Apple 190/380 **Tropical-Paradise** 270/540

Original	4.99
Large	6.99

Add-Ins

Peanut Butter, Banana 90/50	+0.50
Baby Kale, Spinach 10/7	+0.50
Extra Protein 140-150	+2.00

Boosters ADD TO ANY SHAKE OR SMOOTHIE!

Fat Burner, Antioxidant, High Energy, Muscle 0

All Boosters	0.99
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Ask About Our
MEAL PLANS
HEALTHY
CATERING
(646) 682-7402

SIGNATURE SANDWICHES

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

Chicken Breast 575-850

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

Premium Burger 635-910

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 +80		+0.79

SHOW SOME LOVE TO
THE MOST IMPORTANT MUSCLE IN YOUR BODY

LOW CARB OPTIONS WHOLE WHEAT
 FRUIT SMOOTHIES GRASS-FED STEAK
 FUEL BROWN RICE GLUTEN
 POWER PASTA FREE
 HIGH PROTEIN
 VEGETARIAN OPTIONS
 SUPER FOODS
 ALL NATURAL
 CHICKEN



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 GRASS-FED steak and ALL-NATURAL chicken

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.

We use eco-friendly products including bags and packaging 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

WHOLESOME BEGINNINGS

Chargrilled Chicken Strips 380 **4.69**

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

Edamame 240 **3.99**

Healthy Seasonal Soup 130 **3.99**

Turkey Chili 300 **4.99**

FRESH GREENS Local produce when available

Kale and Quinoa Salad 400

Chicken, white quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale

Asian Sesame Ginger 480

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 430

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 350

Chicken, parmesan cheese, and zero-carb Caesar dressing on a power blend of romaine, spinach and baby kale

Lean Turkey Taco Salad GF 440

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 390

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: 8.99 305-505
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 +0/-40 Original **+1.99** Extra Protein **+2.99**

POWER SIDES

Baby Kale* 130	2.99	Steamed Broccoli* 40	2.99
Quinoa* 110	2.99	Avocado* 110	2.99
Sweet Potato Fries* 170	2.99	Savory Spinach* 50	2.99
Turkey Meatballs 300	2.99	Baked Potato* 160	2.99

Superfoods denoted by *

HEALTHY WRAPS

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

MMG Signature 735-1,010

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 705-980

Chicken, turkey meatballs, part-skim mozzarella and fresh fat-free marinara in a garlic herb wrap

Santa Fe 725-1,000

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 725-1,000

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 625-900

Chicken, power blend (romaine, spinach and baby kale), zero-carb Caesar dressing and parmesan in a spinach wrap

Veggie *Vegetarian* 495-770

Original or spicy with green peppers, onions, mushrooms, rice, beans and reduced-fat cheddar cheese in a spinach wrap

Yee-Ha! 675-940

Chicken, turkey bacon, western potatoes and zero-carb signature sauce in a jalapeño wrap

BBQ Chicken Wrap 775-1,050

Chicken, brown rice, reduced-fat cheddar cheese and fat-free BBQ sauce in a whole wheat wrap

XXL 645-920

Lean ground turkey, turkey bacon and reduced-fat cheddar cheese and fat-free secret sauce in a whole wheat wrap

Tex-Mex Fajita 625-900

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**
+0/-40

Add Soup +130 **+1.99**

DELICIOUS SIDES

Caesar Salad 80	1.99	Vegetable Medley 40	1.99
Brown Rice 180	1.99	Brown Rice & Beans 170	1.99
Cucumber Salad 25	1.99	Western Potatoes 90	1.99

FIT BOWLS

Arizona GF 570

Chicken, turkey bacon, tomatoes, scallions and zero-carb signature sauce over brown rice

Godfather GF 440

Chicken, portabella mushrooms, roasted red peppers, part-skim mozzarella and gluten- and fat-free balsamic vinaigrette over broccoli

Santa Ana GF 440

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

El Mexicana GF 490

Chicken, onions and peppers, reduced-fat cheddar cheese, salsa, tomatoes and scallions over brown rice and beans

Teriyaki Stir-Fry 580

Chicken, portabella mushrooms, onions and peppers, carrots, sesame seeds and teriyaki sauce over brown rice

Grilled Chicken GF 480

Chicken, broccoli and brown rice

Turkey Chili Bowl GF 550

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

Cajun Chicken & Penne 750

Cajun chicken, red wine brown sauce, tomatoes and scallions over whole wheat pasta

Sesame Chicken Teriyaki Pasta 790

Chicken, sesame seeds and teriyaki sauce served over whole wheat pasta

Penne & Reduced-Fat Vodka

Sauce with Chicken 620

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**
+0/-40

Add Soup +130 **+1.99**

LEAN PROTEIN SIDES

Grilled Chicken 210	2.99
USDA Grass-Fed Steak 210	4.49
Shrimp 170	3.99