



# MUSCLE MAKER GRILL WARRIORS

JOIN OUR TRIBE TODAY.

MUSCLE MAKER GRILL ASSOCIATES AND CUSTOMERS ARE ALL COMMITTED TO EATING FIT AND LIVING LIFE TO THE FULLEST. WE'RE A DIVERSE GROUP, WITH ONE THING IN COMMON. WE'RE ALL WARRIORS!!

## VEGETARIAN

We only use vegetable stock in the preparation of our food

Edamame Lightly Salted 4.29 121

Veggie Wrap 7.49 449

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

Vegetarian Italiano Salad 8.49 213

Penne with Marinara Sauce 8.49 343

Brown Rice & Beans 7.99 323



## SHAKES 32 oz 7.00

### Big Protein Shakes

Chocolate Peanut Butter	390	Strawberry	280
Fresh Strawberry Banana	392	Snappy Apple	390
Chocolate	280	Chocolate Banana	392
Vanilla	280	Tropical Paradise	350

add Banana and/or Peanut Butter 0.50

## FRUIT SMOOTHIES

Small 4.00 | Medium 6.00 | Large 8.00

All natural, 100% fruit, with no sugar added 208 336 416

Mango Tropics Four Berry Strawberry

add Protein 2.00 | add Banana and/or Peanut Butter 0.75

## DESSERT

No Sugar Added Cheesecake 3.99 360



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914 MAIN STREET, SUITE C  
HOUSTON, TX 77002



## LIGHTER SIDE All entrées under 400 calories!

Hollywood Salad **GF** 6.99 302

Grilled chicken breast and turkey bacon with reduced-fat cheddar cheese, tomatoes, onions and our zero-carb signature sauce over a bed of romaine lettuce

Protein 33g | Carbs 4g | Fat 17g | Fiber 2g

Mona Lisa Wrap 6.99 347

Grilled chicken breast, reduced-fat cheddar cheese, romaine, tomatoes and onions with our zero-carb signature sauce in a whole wheat wrap

Protein 32g | Carbs 15g | Fat 18g | Fiber 7g

Champion Pasta 6.99 374

Grilled chicken breast and turkey meatballs with part skim mozzarella and marinara over whole wheat penne pasta

Protein 25g | Carbs 53g | Fat 6g | Fiber 5g

Penne Romano 6.99 367

Chicken breast in a wonderful reduced-fat vodka sauce, garnished with a pinch of parmesan over whole wheat penne pasta

Protein 36g | Carbs 42g | Fat 4.5g | Fiber 3g

Tucson **GF** 6.99 391

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

Protein 27g | Carbs 44g | Fat 11g | Fiber 3g

Hollywood Salad



Arizona



MMG Signature Wrap

Catering • Delivery • Take Out

\$3 Charge / \$15 Minimum

< HOURS OF OPERATION >

MON - FRI: 10:30 AM - 2:00 PM SAT - SUN: CLOSED



musclemakergrill.com

We are recommended by



"Dietician Approved"



musclemakergrill.com

Printed 01/15 www.LetsPrintBaby.com

# WARM-UPS

<b>Nuggets</b>	Chicken 4.99   Shrimp 6.99
Served with fat-free sour cream and celery	
Texas Style - spicy	289
Honey BBQ	297
Teriyaki	305
<b>Edamame</b> Lightly Salted	4.29 121

<b>Loaded Baked Potato</b>	3.99	209
With broccoli and reduced-fat cheddar cheese		
<b>Soup of the Day</b>		
seasonal		
<b>Cup</b>	3.99	60-120
<b>Bowl</b>	6.49	120-240
<b>Turkey Chili Cup</b>	4.99	287

# SIGNATURE SANDWICHES

Choice of side

<b>Chicken Breast</b>	8.99	572
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		
<b>Premium Burger</b>	8.99	665
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		



Santa Fe Wrap

# POWER PASTA

Served with 100% whole wheat pasta, regular penne pasta available

<b>Cajun Chicken &amp; Penne</b>	9.99	677
Cajun chicken breast in a red wine brown sauce, garnished with tomatoes and scallions served over pasta		
<b>Penne &amp; Reduced-Fat Vodka Sauce with Chicken</b>	9.99	608
Chicken breast in a reduced-fat vodka sauce, garnished with parmesan served over pasta		

<b>Substitute</b>	+ 2.29
grass fed beef	+ 325
<b>Substitute</b>	+ 2.49
shrimp	+ 173
tilapia	+ 290

<b>Sesame Chicken Teriyaki Pasta</b>	9.99	787
Chicken breast in a rich Teriyaki sauce, garnished with sesame seeds served over pasta		



Cajun Chicken & Penne

# FIT WRAPS

Served with your choice of side  
Save 100 calories with our low-carb wraps available for 1.00

<b>FREE SIDES</b>	Baked Potato   Brown Rice   Cucumber Salad   Broccoli   Western Potatoes Vegetable Medley   Caesar Salad   Pasta Salad
<b>UPGRADES</b>	1.50 Spinach Savory or Steamed   Cajun Pasta   Rice & Beans   Guacamole Turkey Bacon   Baked Sweet Potato   Turkey Meatballs
	0.60 Extra Sauce   Reduced-Fat Cheddar Cheese   Jalapeños Part Skim Mozzarella   Fat-Free Sour Cream

<b>MMG Signature Wrap</b>	Chkn 8.99 651	Stk 11.29 695
Grilled chicken breast or steak, turkey bacon, reduced-fat cheddar cheese, romaine, tomatoes and onions with our zero-carb signature sauce in a jalapeño wrap		

<b>Low-Carb Caesar Wrap</b>	Chkn 8.99 670	Stk 11.29 714
Grilled chicken breast or steak, romaine lettuce, zero-carb Caesar dressing, topped with a touch of parmesan cheese in a white wrap		

<b>European Wrap</b>	Chkn 8.99 542
Grilled chicken savory spinach, roasted peppers and a touch of parmesan in an herb wrap	

<b>Yee-ha! Wrap</b>	Chkn 8.99 679	Stk 11.29 723
Grilled chicken breast or steak, turkey bacon, western potatoes and zero-carb signature sauce in a jalapeño wrap		

<b>BBQ Wrap</b>	Chkn 8.99 714	Stk 11.29 758
Grilled chicken breast or steak, reduced-fat cheddar cheese and fat-free hickory BBQ sauce in a white wrap		

<b>XXL Turkey Burger Wrap</b>	8.99	598
Lean ground turkey, turkey bacon and reduced-fat cheddar cheese with fat-free secret sauce in a white wrap		

<b>Turkey Meatball Parmesan Wrap</b>	8.99	762
With marinara sauce and part skim mozzarella cheese in an herb wrap		

<b>Tex-Mex Fajita Wrap</b>	Chkn 8.99 607	Stk 11.29 651
Fajita grilled chicken breast or steak, sizzling onions and peppers, reduced-fat cheddar cheese, fat-free sour cream and salsa in a jalapeño wrap		

# EXTRAS

Grilled Chicken Breast	4.29	281	Tilapia or Shrimp	5.99	290/173
Turkey Meatballs	4.29	325	Grass Fed Beef	5.49	325
Pasta Salad	3.29	237	Brown Rice w/ Gravy	3.29	261
Steamed Broccoli	3.29	24	Brown Rice & Beans	3.99	215
Cucumber Salad	3.29	36	Baked Potato	2.19	282
Guacamole	1.99	91	Baked Sweet Potato	3.99	114
Caesar Salad	2.99	135	Savory Spinach	3.99	95
Western Potatoes	3.49	138	Steamed Spinach	3.99	45

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.

# FIT SALADS

<b>Italiano Salad</b>	Chkn 9.99 494	Stk 11.99 538
Grilled chicken breast or steak part skim mozzarella, fresh spinach, red roasted peppers, romaine, gluten- and fat-free balsamic vinaigrette		

<b>Turkey Taco Salad</b>	9.99	523
Lean ground turkey, red beans, reduced-fat cheddar cheese, romaine, tomatoes, scallions, salsa and fat-free sour cream		

<b>Muscle Maker Caesar Salad</b>	Chkn 9.99 481	Stk 11.99 525
Grilled chicken breast or steak over crisp romaine hearts and parmesan cheese, served with zero-carb dressing		



Mardi Gras Salad

<b>Lean &amp; Mean Cheeseburger Salad</b>	9.99	658
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Grass-fed beef burger atop romaine lettuce tossed with reduced-fat cheddar cheese drizzled with gluten- and fat-free BBQ Caesar dressing and garnished with tomatoes and scallions

<b>Mardi Gras Cajun Grilled Chicken Salad</b>	9.99	447
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Cajun seasoned grilled chicken breast on a bed of romaine with turkey bacon, tomatoes, onions and low-carb salsetta dressing

<b>Gluten-Free Dressings</b>	
Fat-Free Balsamic Vinaigrette	
Zero-Carb Caesar	
Zero-Carb MMG Signature Sauce	
Fat-Free Honey Dijon	

<b>Substitute</b>	+ 2.29
chicken	+ 281
grass fed beef	+ 325

<b>Substitute</b>	+ 2.49
shrimp	+ 173
tilapia	+ 290

# GUILTLESS ENTRÉES

<b>El Mexicana</b>	Chkn 9.99 726	Stk 11.29 770
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		

<b>Teriyaki Stir-Fry</b>	Chkn 9.99 726	Stk 11.29 803
Grilled chicken breast or steak, portabella mushrooms, onions, peppers, carrots and sesame seeds in a rich Teriyaki sauce over brown rice		

<b>Arizona</b>	Chkn 9.99 596	Stk 11.29 640
Grilled chicken breast or steak, turkey bacon over brown rice with tomatoes, scallions and gluten-free zero-carb signature sauce		

<b>Grilled Entrée</b>	Chkn 9.99 462	Stk 11.29 506
Grilled chicken breast or steak served with broccoli and baked potato		

<b>Godfather</b>	9.99	410
Grilled chicken breast, portabella mushrooms, red roasted peppers, part skim mozzarella, gluten- and fat-free balsamic vinaigrette, served over broccoli		



Godfather

**GF** - indicates a gluten-free menu item.  
Calories are noted in RED.

**MUSCLE MAKER GRILL USES ALL-NATURAL GRASS-FED BEEF AND ALL-NATURAL CHICKEN.**

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