



## 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 • 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

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	3.99
USDA Grass-Fed Steak 210	4.49
Shrimp 170	3.99