

# OUR STORY

Founded in 1995, Muscle Maker Grill provides its guests healthier versions of mainstream-favorite dishes that taste great, making it convenient, affordable and enjoyable to eat healthy. Muscle Maker Grill's diverse menu was created for everyone - fitness enthusiasts, those starting their journey to a healthier lifestyle, and people trying to eat better while on-the-go. Providing "Great Food with Your Health in Mind," Muscle Maker Grill's menu features items with grass-fed steak and all-natural chicken, as well as options that satisfy all dietary preferences - from the carb free consumer to guests following a gluten-free and vegetarian diet. Muscle Maker Grill does not sacrifice taste to serve healthy options. Now, guests can have delicious, nutritionally balanced food without the regret.

SHOW SOME LOVE TO  
THE MOST IMPORTANT MUSCLE IN YOUR BODY



HEALTHY  
CATERING  
(434) 616-4964



# SMOOTHIES & SHAKES

calorie range 208-416

## Fruit Smoothies - 100% Fruit

- Strawberry
- Mango Tropics
- Peach Pear Apricot
- Four Berry
- Pineapple
- Carrot Orange

## Organic Smoothies



- Strawberry Banana
- Carrot Apple

Original	3.99	Organic +1.00
Large	5.99	Organic +2.00

## Protein Shakes

calorie range 140-392

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

Original	3.99
Large	5.99

Add-Ins	
Peanut Butter, Banana, Baby Kale, Spinach	+1.00
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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# HEALTHY MEAL PLANS

5 Meals - \$39.99

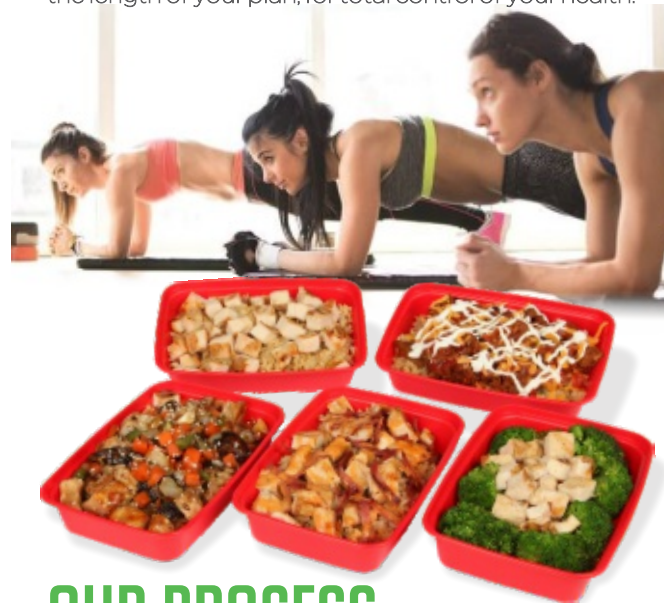
10 Meals - \$79.99

15 Meals - \$104.99

20 Meals - \$139.99

Whether you're bulking up, slimming down, saving time or you just love the MMG menu, we've got the right option for you.

The best bit? You can customize your daily meals and the length of your plan, for total control of your health.



# OUR PROCESS

- 01 Pick your plan
- 02 Let us take care of the preparation
- 03 Pick up or have it delivered to your home or office



KIM K.

"THE MMG MEAL PLAN CHANGED MY LIFE."

I've never felt better, eating the food I want to eat and living the life I want to live.



DINE IN • TAKE OUT • DELIVERY • CATERING

3920 Wards Road, Suite F  
Lynchburg, VA 24502

(434) 616-4964



ORDER ONLINE: ORDERMMG.COM

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.

## SKINNY FLATBREADS

Whole Grain calorie range 580-750

**MMG Margherita \*Vegetarian\*** **7.99**  
Red ripe tomatoes with part skim mozzarella, basil and parmesan

**Classic White \*Vegetarian\*** **7.99**  
Part skim mozzarella, parmesan, spinach and roasted garlic

**BBQ Chicken** **8.99**  
Chicken, fat free BBQ sauce, reduced fat cheddar and red onion

**The Works** **8.99**  
Turkey meatballs, turkey bacon, turkey pepperoni, part skim mozzarella, red onions, green peppers, mushrooms and fat free marinara

## LITE SANDWICHES

calorie range 500-570

Includes choice of any Lower Carb or Power Side.

**Grilled Chicken** **7.99**  
Chicken, turkey bacon, reduced fat cheddar, romaine, tomatoes and red onions, with our zero carb signature sauce, served on a whole wheat bun

**Grass-Fed Burger** **8.29**  
Grass-fed beef burger, turkey bacon, reduced fat cheddar, romaine, tomatoes and red onions with our zero carb signature sauce served on a whole wheat bun



## LOWER CARB SIDES

calorie range 23-325

Baby Kale	1.99	Steamed Broccoli	1.99
Quinoa	1.99	Caesar Salad	1.99
Avocado	1.99	Vegetable Medley	1.99
Savory Spinach	1.99	Cucumber Salad	1.99

## HEALTHY WRAPS

**8.29**

calorie range 500-730

Includes choice of any Lower Carb or Power Side.

**MMG Signature**  
Chicken, turkey bacon, reduced fat cheddar, power blend of romaine, spinach and baby kale, tomatoes, red onions and zero carb signature sauce in a jalapeño wrap

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

**Santa Fe**  
Chicken, turkey bacon, red beans and brown rice, reduced fat cheddar and zero carb signature sauce in a jalapeño wrap

**Veggie \*Vegetarian\***  
Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a garlic herb wrap

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

**Turkey Burger Wrap**  
Lean ground turkey, turkey bacon and reduced fat cheddar and fat free secret sauce in a whole wheat wrap

**Tex-Mex Fajita**  
Chicken, sautéed green peppers and onions, reduced fat cheddar, fat free sour cream and salsa in a jalapeño wrap

**Chicken Caesar Wrap**  
Chicken, power blend of romaine, spinach and baby kale, zero carb Caesar dressing and parmesan in a spinach wrap

ADD-ONS:	
Fat Free Sour Cream	0.49
Reduced Fat Cheese	0.79
Turkey Bacon	0.99
Turkey Chili	0.99
EXTRAS:	
Grilled Shrimp	1.99
Grilled Chicken	1.99
Grass-Fed Steak	2.49

## POWER SIDES

calorie range 23-325

Brown Rice	1.99	Sweet Potato Fries	1.99
Red Beans & Brown Rice	1.99	Baked Potato	1.99
Edamame	1.99	Pasta Salad	1.99
Western Potatoes	1.99		

## FIT BOWLS

**8.29**

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 fat free balsamic vinaigrette over broccoli

**Santa Ana GF**  
Chicken, turkey bacon, reduced fat cheddar and zero carb signature sauce over red beans and brown rice

**El Mexicana GF**  
Chicken, sautéed green peppers and onions, reduced fat cheddar, salsa, tomatoes and scallions over red beans and brown rice

**Teriyaki Stir Fry**  
Chicken, portabella mushrooms, sautéed green peppers and onions, 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, salsa, fat free sour cream, tomatoes and scallions over brown rice

Pasta calorie range 650-710

**Cajun Chicken & Penne**  
Cajun chicken, tomatoes, scallions and a red wine sauce over whole wheat pasta

**Sesame Chicken Teriyaki Penne**  
Chicken, sesame seeds and teriyaki sauce served over whole wheat pasta

**Vodka & Penne with Chicken**  
Chicken, reduced fat vodka sauce and parmesan over whole wheat pasta



Godfather

## LEAN PROTEIN SIDES

calorie range 281-325

Turkey Meatballs	2.99	Shrimp	4.99
Turkey Chili	3.99	Grass-Fed Steak	5.99
Grilled Chicken	3.99		

## FRESH GREENS

**8.29**

calorie range 270-400

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

**Kale and Quinoa Salad**  
Chicken, quinoa, roasted red peppers, avocado, Asian Sesame Ginger 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, salsa, tomatoes, scallions and fat free sour cream on a power blend of romaine, spinach and baby kale

**Mardi Gras GF**  
Cajun seasoned chicken with turkey bacon, tomatoes, red onions and low carb salsetta dressing on a power blend of romaine, spinach and baby kale

**Italiano GF**  
Chicken, part skim mozzarella, roasted red peppers, fat free balsamic vinaigrette on a power blend of romaine, spinach and baby kale

**Cheeseburger Salad**  
Grass-fed beef burger, reduced fat cheddar, tomatoes, scallions with a blend of fat free BBQ sauce and Caesar dressing on a power blend of romaine, spinach and baby kale.

- Lower Calorie Dressings**
- Fat Free Balsamic Vinaigrette
  - Low Fat Asian Sesame Ginger
  - Zero Carb Caesar
  - Zero Carb MMG Signature



## MORE FIT FAVES

calorie range 140-380

**Lean & Loaded Baked Potato 3.29**  
Baked potato topped with low fat cheddar, scallions, fat free sour cream and lean turkey bacon  
Add Turkey Chili 0.99

**Boneless Chicken Bites 4.99**  
Premium hand cut grilled chicken breast, lightly breaded in whole wheat flour and sautéed to perfection, then tossed in one of our signature sauces. Served with a side of fat free sour cream

- Barbecue
- Buffalo
- Spicy Barbecue
- Teriyaki

**Soup du Jour** Cup **2.99** Bowl **5.99**