



2799 Rose Street
Fort Meade, MD 20755
(410) 695-5379

HEALTHY WRAPS

Calorie range 500 - 730

Includes choice of any Lower Carb or Power Side

Rocky

Chicken or steak, turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap.

Chicken \$8
Steak \$11



MMG Signature

Chicken or steak, 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.

Chicken \$8 | Steak \$11



Santa Fe

Chicken or steak, turkey bacon, red beans and brown rice, reduced fat cheddar and zero carb signature sauce in a jalapeño wrap. Chicken \$8 | Steak \$11

Veggie *Vegetarian*

Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a garlic herb wrap. \$8



BBQ Wrap

Chicken or steak, reduced fat cheddar, brown rice and fat free BBQ sauce in a whole wheat wrap. Chicken \$8 | Steak \$11

Yee-Ha! Wrap

Chicken or steak, western potatoes, turkey bacon and zero carb signature sauce in a jalapeño wrap. Chicken \$8 | Steak \$11

Turkey Burger Wrap

Lean ground turkey, turkey bacon, reduced fat cheddar and fat free secret sauce in a whole wheat wrap. \$8

Turkey Meatball

Turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap. \$8

Tex-Mex Fajita

Chicken or steak, sautéed green peppers and onions, reduced fat cheddar, fat free sour cream and salsa in a jalapeño wrap. Chicken \$8 | Steak \$11

Chicken Caesar Wrap

Chicken or steak, power blend of romaine, spinach and baby kale, zero carb Caesar dressing and Parmesan in a spinach wrap. Chicken \$8
Steak \$11



Add-ons

Fat Free Sour Cream \$1
Reduced Fat Cheese \$1

Jalapeños \$1
Extra Sauce \$1

Turkey Bacon \$2
Avocado \$2

Spinach \$2

SIDES

LOWER CARB SIDES

Calorie range 25 - 240

All lower carb sides \$2

- Baby Kale
- Caesar Salad
- Cucumber Salad
- Edamame
- Quinoa
- Savory Spinach
- Steamed Broccoli
- Vegetable Medley

POWER SIDES

Calorie range 100 - 180

All power sides \$2

- Baked Potato
- Brown Rice
- Brown Rice & Beans
- Pasta Salad
- Western Potatoes

UPGRADED SIDES

Calorie range 110 - 300

- Avocado Smash \$3
- Cauliflower Rice \$3
- Regular or Sweet Potato Fries \$3
- Turkey Chili \$3
- Grilled Chicken \$3
- Turkey Meatballs \$4
- Shrimp \$5
- Grass Fed Steak \$5

FIT BOWLS

Calorie range 320- 450

Arizona GF

Chicken or steak, turkey bacon, tomatoes, scallions and zero carb signature sauce over brown rice. Chicken \$8 | Steak \$11

Grilled Fit Bowl GF

Chicken or steak, broccoli and brown rice. Chicken \$8 | Steak \$11

Godfather GF

Chicken or steak, portabella mushrooms, roasted red peppers, part skim mozzarella and fat free balsamic vinaigrette over broccoli. Chicken \$8
Steak \$11



Turkey Chili Bowl GF

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, fat free sour cream, tomatoes and scallions over brown rice. \$8



Santa Ana GF

Chicken or steak, turkey bacon, reduced fat cheddar and zero carb signature sauce over red beans and brown rice. Chicken \$8 | Steak \$11

Cajun Penne

Cajun chicken or steak, tomatoes, scallions and a red wine sauce over whole wheat pasta. Chicken \$8 | Steak \$11

El Mexicana GF

Chicken or steak, sautéed green peppers and onions, reduced fat cheddar, salsa, tomatoes and scallions over red beans and brown rice. Chicken \$8
Steak \$11



Sesame Teriyaki Penne

Chicken or steak, sesame seeds and teriyaki sauce served over whole wheat pasta. Chicken \$8 | Steak \$11

Vodka & Penne

Chicken or steak, reduced fat vodka sauce and Parmesan over whole wheat pasta. Chicken \$8
Steak \$11



Teriyaki Stir Fry

Chicken or steak, portabella mushrooms, sautéed green peppers and onions, carrots, sesame seeds and teriyaki sauce over brown rice. Chicken \$8 | Steak \$11

MMG BURGERS

Calorie range 560 - 640

CHOOSE YOUR PROTEIN:

Grass-Fed Beef | Sirloin Burger | Turkey

Upgrade to the Impossible Burger for +\$3

All Burgers come with Regular or Sweet Potato Fries

HEALTHIER BURGERS



CHEAT DAY BURGERS

Classic

Reduced fat cheddar, turkey bacon, signature sauce, lettuce, tomato and onion on a whole wheat bun. \$9

California Club

Avocado, turkey bacon, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. \$9



Mushroom

Part skim mozzarella, sautéed mushrooms, onions and lettuce on a whole wheat bun. \$9



Jalapeño

Sliced jalapeño, cajun seasoning, part skim mozzarella cheese, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. \$9

Recovery

Fried egg, reduced fat cheddar, and turkey bacon on a whole wheat bun. \$9

MMG Fave

Sharp cheddar cheese, hickory smoked bacon, signature sauce, lettuce, tomato and onion on a brioche bun. \$9



Avo Smash Club

MMG's handcrafted avocado smash, sharp cheddar cheese, hickory smoked bacon, ranch dressing, lettuce, tomato and onion on a brioche bun. \$9

Shroom & Swiss

Swiss cheese, sautéed mushrooms, sautéed onions, mayo and lettuce on a brioche bun. \$9

El Diablo

Pepper jack cheese, jalapeños, Cajun seasoning, chipotle mayo, lettuce, tomato and onion on a brioche bun. \$9



Hangover

Sharp cheddar cheese, fried egg, hickory smoked bacon and mayo on a brioche bun. \$9

Loaded Fries

Crispy crinkle-cut fries, topped with sharp cheddar cheese, hickory smoked bacon, jalapeños and sour cream. Served with a side of ranch dressing or chipotle mayo. \$5

FRESH GREENS

Calorie range 270 - 400

Caesar Salad **GF**

Chicken or steak, Parmesan cheese, and zero carb Caesar dressing on a power blend of romaine, spinach and baby kale. Chicken \$8 | Steak \$11



Kale & Quinoa Salad

Chicken or steak, quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale. Chicken \$8 | Steak \$11

Italiano Salad **GF**

Chicken or steak, part skim mozzarella, roasted red peppers, fat free balsamic vinaigrette on a power blend of romaine, spinach and baby kale. Chicken \$8 | Steak \$11

Mardi Gras Salad **GF**

Cajun seasoned chicken or steak, with turkey bacon, tomatoes, red onions and low carb salsetta dressing on a power blend of romaine, spinach and baby kale. Chicken \$8 | Steak \$11

Asian Sesame Ginger Salad

Chicken or steak, tomatoes, cucumbers, red onions, sesame seeds, raisins, avocado, and Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale. Chicken \$8 | Steak \$11

Cheeseburger Salad

Grass-fed beef burger, reduced fat cheddar, tomatoes and scallions with a blend of fat free BBQ sauce and Caesar dressing on a power blend of romaine, spinach and baby kale. \$8



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. \$8



MORE FIT FAVES

Calorie range 210 - 380

Lean & Loaded Baked Potato

Baked potato topped with reduced fat cheddar, scallions, fat free sour cream and lean turkey bacon. \$4 Add Turkey Chili \$1

Boneless Chicken Bites

Premium hand cut chicken breast, lightly breaded in whole wheat flour, sautéed to perfection, then tossed in one of our signature sauces. Served with a side of fat free sour cream. \$5

- Barbecue
- Buffalo
- Teriyaki
- Spicy Barbecue



Shrimp Bites

Omega 3 packed shrimp, sautéed to perfection then tossed in one of our signature sauces. Served with a side of fat free sour cream. \$6

- Barbecue
- Buffalo
- Teriyaki
- Spicy Barbecue

FRUIT SMOOTHIES

Calorie range 208 - 416

Mango Tropics Strawberry Four Berry Pineapple



Small 16 oz. \$5 | Large 24 oz. \$7

Strawberry Banana * Carrot Apple *



* Indicates organic smoothie

Small 16 oz. \$6 | Large 24 oz. \$8

PROTEIN SHAKES

Calorie range 140 - 392

Vanilla Chocolate Strawberry Banana Berry Blast



MMG Faves:

Chocolate Peanut Butter +\$1 Vanilla Banana +\$1

Small 16 oz. \$5 | Large 32 oz. \$7

Add-ins

Peanut Butter \$1	Spinach \$1
Banana \$1	Extra Protein \$2
Baby Kale \$1	