

VEGETARIAN

We only use vegetable stock in the preparation of our food

- Edamame Lightly Salted 3.99 240
- Veggie Wrap 7.99 449
- Original or spicy with green peppers, onions, mushrooms, tomatoes and reduced fat cheddar cheese in a garlic herb wrap
- Vegetarian Italiano Salad 7.99 213
- Fresh spinach, red roasted peppers, romaine, gluten free and fat free balsamic vinaigrette
- Penne with Marinara Sauce 7.99 343
- Brown Rice & Beans 7.29 261
- Topped with tomatoes and scallions



SHAKES

Big Protein Shakes

- Chocolate 190/300
- Vanilla 175/280
- Strawberry 175/280
- Snappy Apple 245/390
- Tropical Paradise 220/350

Add-Ins:
Banana or Peanut Butter 0.50
Pre-Workout, Fat Burner, B-12, Caffeine, Antioxidant, Weight Gain, Creatine, or Glutamine 1.00

FRUIT SMOOTHIES

All natural, 100% fruit, with no sugar added

- Mango Tropics 208
- Four Berry 336
- Strawberry 416
- Peach Pear Apricot
- Red Apple
- Blueberry Banana
- Lemonade
- Acai Plus
- Pineapple Paradise
- Orange Tangerine

add Protein 2.00 | add Banana or Peanut Butter 0.50

DESSERT

- No Sugar Added Cheesecake 3.29 360

Muscle Maker Grill has made an effort to provide complete and current nutrition information, but the hand-crafted nature of our menu items and other changes in recipes, ingredients, and kitchen procedures can cause variations from these values to occur. Therefore, the values shown here should be considered approximations. In addition, guests who have special food sensitivities, allergies or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Dressings that are listed as gluten free will be altered by adding other ingredients such as croutons, etc. All prices and calorie information are subject to change. Visit www.musclemakergrill.com for the most updated nutritional information.



LEAN MEAL PLAN

SAVES YOU TIME, KEEPS YOU HEALTHY



LIGHTER SIDE All entrées under 500 calories!

- Hollywood Salad GF 6.99 290
- 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 6.99 500
- Grilled chicken breast, reduced fat cheddar cheese, romaine lettuce, tomatoes and onions with our zero carb signature sauce in a low carb wrap
- Protein 32g | Carbs 15g | Fat 18g | Fiber 7g
- Champion Pasta 6.99 370
- 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 6.99 380
- 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 6.99 340
- 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



musclemakergrill.com

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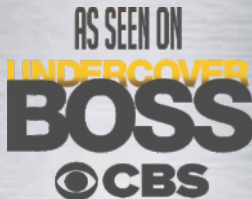
Arizona



MMG Signature Wrap

Catering • Delivery • Take Out
\$3 Charge

HOURS OF OPERATION
MON - FRI: 10:30 AM - 9:00 PM SAT: 10:30 AM - 8:00 PM
SUN: 11:00 AM - 5:00 PM



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musclemakergrill.com

SCAN FOR MOBILE
ONLINE ORDERING



WARM-UPS

Nuggets	Chicken 4.99 Shrimp 6.99	
Served with fat free sour cream and celery		
Texas Style - spicy		380
Honey BBQ		420
Teriyaki		360
Edamame Lightly Salted	3.99	240

SIGNATURE SANDWICHES

Choice of side

Chicken Breast 8.69 500

Grilled chicken breast, turkey bacon, reduced fat cheddar cheese, romaine lettuce, tomatoes and onions with our zero carb signature sauce served on a whole wheat bun

Premium Burger 8.69 570

Grass-fed beef burger, turkey bacon, reduced fat cheddar cheese, romaine lettuce, tomatoes and onions with our zero carb signature sauce served in a whole wheat bun

POWER PASTA

Served with regular or 100% whole wheat penne pasta.

Cajun Chicken & Penne 9.99 675

Cajun chicken breast in a red wine brown sauce, garnished with tomatoes and scallions served over pasta

Penne & Reduced Fat Vodka Sauce with Chicken 9.99 608

Chicken breast in a reduced fat vodka sauce, garnished with parmesan served over pasta

Sesame Chicken Teriyaki Pasta 9.99 740

Chicken breast in a rich Teriyaki sauce, garnished with sesame seeds served over pasta



Santa Fe Wrap

Cajun Chicken & Penne



GF – indicates a gluten free menu item.

Calories are noted in RED.

MUSCLE MAKER GRILL USES ALL NATURAL BEEF AND CHICKEN.

FIT WRAPS 8.69

Served with your choice of side

Save 100 calories with our low carb wraps available for 0.75 (Whole wheat wraps also available)

FREE SIDES	Vegetable Medley Caesar Salad Pasta Salad Baked Potato
	Brown Rice with Gravy Cucumber Salad Broccoli Western Potatoes
UPGRADES	1.50 Loaded Baked Potato Sweet Potato Fries Soup Guacamole
	1.00 Spinach Savory or Steamed Hot Pasta Choice of Sauce Rice & Beans
	Turkey Bacon Baked Sweet Potato Turkey Meatballs
	0.50 Extra Sauce Reduced Fat Cheddar Cheese Jalapeños
	Part Skim Mozzarella Fat Free Sour Cream

MMG Signature Wrap Chkn 8.69 630 Stk 11.18 674

Grilled chicken breast or steak, turkey bacon, reduced fat cheddar cheese, romaine lettuce, tomatoes and onions with our zero carb signature sauce in a jalapeño wrap

Low-Carb Caesar Wrap Chkn 8.69 600 Stk 11.18 644

Grilled chicken breast or steak, romaine lettuce, zero carb Caesar dressing, topped with a touch of parmesan cheese in a white wrap

European Wrap Chkn 8.69 542

Grilled chicken, savory spinach, roasted peppers and a touch of parmesan in an herb wrap

Yee-ha! Wrap Chkn 8.69 560 Stk 11.18 604

Grilled chicken breast or steak, turkey bacon, western potatoes and zero carb signature sauce in a jalapeño wrap

BBQ Wrap Chkn 8.69 716 Stk 11.18 760

Grilled chicken breast or steak, reduced fat cheddar cheese and fat free hickory BBQ sauce in a white wrap

XXL Turkey Burger Wrap 8.69 598

Lean ground turkey, turkey bacon and reduced fat cheddar cheese with fat free secret sauce in a white wrap

Turkey Meatball Parmesan Wrap 8.69 670

With marinara sauce and part skim mozzarella cheese in an herb wrap

Tex-Mex Fajita Wrap Chkn 8.69 600 Stk 11.18 644

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	5.59	290/173
Turkey Meatballs	4.29	325	Grass-Fed Steak	5.29	248
Pasta Salad	2.99	237	Brown Rice w/ Gravy	2.99	261
Steamed Broccoli	2.99	24	Brown Rice & Beans	3.99	248
Cucumber Salad	2.99	36	Baked Potato	1.99	282
Guacamole	2.99	91	Baked Sweet Potato	2.59	114
Caesar Salad	2.99	35	Sweet Potato Fries	3.99	114
Western Potatoes	3.19	138	Savory Spinach	3.99	95
Mixed Vegetables	2.99	25	Steamed Spinach	3.99	45
Chips	1.99		Hot Pasta	3.99	
Avocado	2.99		(Cajun, Teriyaki, Vodka, Marinara)		

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.

We use 0 calorie, fat and carb free butter spray on vegetables and potatoes. All cheese portions are 5 grams of fat or less.

FIT SALADS 9.59

Croutons available upon request.*

Italiano Salad GF Chkn 9.59 395 Stk 12.08 439

Grilled chicken breast or steak, part skim mozzarella, fresh spinach, red roasted peppers, romaine lettuce, gluten and fat free balsamic vinaigrette

Turkey Taco Salad GF 9.59 440

Lean ground turkey, red beans, reduced fat cheddar cheese, romaine lettuce, tomatoes, scallions, salsa and fat free sour cream

Muscle Maker Caesar Salad GF

Chkn 9.59 320 Stk 12.08 364

Grilled chicken breast or steak over crisp romaine lettuce and parmesan cheese, served with zero carb dressing

Kale + Quinoa Salad 9.59 400

Chicken, white quinoa, roasted red peppers, balsamic mango vinaigrette dressing on a power blend of romaine lettuce, spinach and baby kale

Asian Sesame Ginger 9.59 480

Chicken, tomatoes, cucumbers, red onions, sesame seeds, raisins, avocado and Asian sesame ginger dressing on a power blend of romaine lettuce, spinach and baby kale

GUILTLESS ENTRÉES

El Mexicana GF Chkn 9.99 484 Stk 12.48 528

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

Teriyaki Stir Fry Chkn 9.99 620 Stk 12.48 664

Grilled chicken breast or steak, portabella mushrooms, onions, peppers, carrots and sesame seeds in a rich Teriyaki sauce over brown rice

Arizona GF Chkn 9.99 490 Stk 12.48 534

Grilled chicken breast or steak, turkey bacon over brown rice with tomatoes, scallions and gluten free zero carb signature sauce

Grilled Entrée GF Chkn 9.99 462 Stk 12.48 506

Grilled chicken breast or steak served with broccoli and baked potato

Godfather GF 9.99 429

Grilled chicken breast, portabella mushrooms, red roasted peppers, part skim mozzarella, gluten and fat free balsamic vinaigrette, served over broccoli

Godfather



Mardi Gras Salad

Lean & Mean Cheeseburger Salad 9.59 550

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

Mardi Gras Cajun Grilled Chicken Salad GF 9.59 390

Cajun seasoned grilled chicken breast on a bed of romaine lettuce with turkey bacon, tomatoes, onions and low carb salsetta dressing

Dressings

Fat Free Balsamic Vinaigrette GF
Zero Carb Caesar GF
Zero Carb MMG Signature Sauce GF
Fat Free Honey Dijon GF
Asian Sesame Ginger
Balsamic Mango Vinaigrette

Substitutes	+ 2.49
grass-fed steak	+ 0 cals
shrimp	- 40 cals
tilapia	+ 50 cals

Turkey Chili GF 9.99 710

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

Texas 9.99 391

Spicy Texas BBQ chicken breast topped with reduced fat cheddar cheese and fat free sour cream, served with broccoli

Tuscany 9.99 366

Grilled chicken breast, zero carb signature sauce and reduced fat cheddar, served over broccoli

* Croutons contain gluten.