

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!!

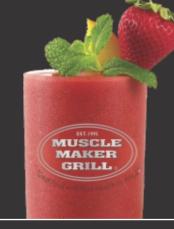
VEGETARIAN

We only use vegetable stock in the preparation of our food

3.79 **Edamame** Lightly Salted 6.79 Veggie Wrap

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

Vegetarian Italiano Salad 7.29 Penne with Marinara Sauce 7.79 **Brown Rice & Beans** 6.79



SHAKES 16 oz 4.99 32 oz 6.99

Big Protein Shakes

Chocolate Peanut Butter Strawberry Fresh Strawberry Banana **Snappy Apple Chocolate Banana** Chocolate Vanilla **Tropical Paradise** Cookies 'n' Cream (7.49) Peanut Butter 'n' Jelly (7.49)

Add a Booster for 1.99 - Fat Burner, Energy Booster, Antioxidant, Muscle Booster

FRUIT SMOOTHIES

Small 3.99 | Medium 4.99 | Large 5.99

All natural, 100% fruit, with no sugar added

Strawberry Mango Tropics Four Berry

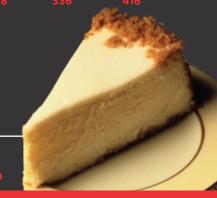
Pina Colada **Peach Apricot**

add Protein 1.50 | add Banana 0.50

DESSERT

3.75 No Sugar Added Cheesecake

2.99 **Protein Cookie**



Muscle Maker Grill has made an effort to provide complete and current nutrition information, but the handcrafted 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. Prices subject to change.

ALL ENTREES UNDER 400 CALORIES!



Hollywood Salad 302



Champion Pasta 374

Mona Lisa Wrap 347

Penne Romano 367



Tucson 391 (II)

WE CATER CORPORATE & PRIVATE EVENTS!







ENTRÉE PACKAGE

WRAP PACKAGE





musclemakergrill.com

STARTING AT 11.00/PERSON

STARTING AT 10.00/PERSON

TURNERSVILLE, NJ FAX: 856.228.0303

CALL AHEAD - WE'RE ALWAYS BUSY





Delivery • Take Out Catering

─ < HOURS OF OPERATION >

MON - SAT: 11:00 AM - 9:00 PM SUN: 11:00 AM - 8:00 PM



musclemakergrill.com

WARM-UPS

Nuggets Chicken 5.49 | Shrimp 8.49 Served with fat-free sour cream and celery

Texas Style - spicy **Honey BBQ** Teriyaki

Edamame Lightly Salted 3.79

With broccoli and reduced-fat cheddar cheese

Soup of the Day

Substitutes

grass fed beef

shrimp

tilapia

seasonal

Cup 3.79 Bowl 6.29 Turkey Chili Cup 4.99

SIGNATURE **SANDWICHES**

Chicken Breast 8.49

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

Premium Burger 8.49 665

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

Cajun chicken breast in a red wine brown sauce,

garnished with tomatoes and scallions served

Chicken breast in a reduced-fat vodka sauce,

Sesame Chicken Teriyaki Pasta 10.75 787

Chicken breast in a rich Teriyaki sauce, garnished

garnished with parmesan served over pasta

with sesame seeds served over pasta

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

10.75 677

10.75 608

POWER PASTA

Cajun Chicken & Penne

Penne & Reduced-Fat

Vodka Sauce with Chicken

over pasta

Loaded Baked Potato 3.49

Save 100 calories with our low-carb wraps available for 0.75

FREE SIDES Baked Potato Brown Rice Cucumber Salad Broccoli Western Potatoes Vegetable Medley | Caesar Salad | Pasta Salad

UPGRADES

FIT WRAPS

Served with your choice of side

1.00 Spinach Savory or Steamed | Cajun Pasta | Rice & Beans Turkey Bacon | Sweet Potato | Guacamole | Turkey Meatballs

Extra Sauce | Reduced-Fat Cheddar Cheese Part Skim Mozzarella | Fat-Free Sour Cream

Low-Carb

European Wrap

in a jalapeño wrap

BBQ Wrap

in a white wrap

MMG Signature

Chkn 8.49 651 Stk 10.49 695

Grilled chicken breast or steak, turkey bacon, reduced-fat cheddar cheese, romaine, tomatoes



+ Mkt.

Caiun Chicken & Penne

Santa Fe Wrap Chkn 8.49 788 Stk 10.49 832

red beans and brown rice, reduced-fat cheddar cheese and zero-carb signature sauce in a ialapeño wrap

Grilled chicken breast, turkey meatballs, part skim mozzarella and marinara in an herb wrap

Grilled chicken breast or steak, turkey bacon,

Rocky Balboa Wrap

8.49

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

Lean ground turkey, turkey bacon and

reduced-fat cheddar cheese with fat-free

XXL Turkey Burger Wrap

secret sauce in a white wrap

Tex-Mex

Fajita Wrap Chkn 8.49 607 Stk 10.49 651

Turkey Meatball Parmesan Wrap 8.49 762

Caesar Wrap Chkn 8.49 670 Stk 10.49 714

Chkn 8.49 542

8.49 598

Chkn 8.49 714 Stk 10.49 758

Grilled chicken breast or steak, romaine lettuce,

zero-carb Caesar dressing, topped with a touch

Grilled chicken savory spinach, roasted peppers

Yee-ha! Wrap Chkn 8.49 679 Stk 10.49

Grilled chicken breast or steak, turkey bacon, western potatoes and zero-carb signature sauce

Grilled chicken breast or steak, reduced-fat

cheddar cheese and fat-free hickory BBQ sauce

and a touch of parmesan in an herb wrap

of parmesan cheese in a white wrap

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

rilled Chicken Breast	3.95	281	Tilapia or Shrimp	Mkt.	290/173
ırkey Meatballs	3.95	325	Grass Fed Beef	Mkt.	325
asta Salad	2.75	237	Brown Rice	2.75	261
eamed Broccoli	2.49	24	Brown Rice & Beans	3.49	215
ucumber Salad	2.75	36	Sweet Potato	3.75	142
uacamole	1.99	91	Baked Potato	1.99	282
aesar Salad	2.75	135	Savory Spinach	3.49	95
			Steamed Spinach	3.49	45
			Western Potatoes	2.79	138

FIT SALADS

Italiano (HP)

Salad Chkn 9.99 494 Stk 11.99 53

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

Turkey Taco Salad G

9.99 523

Lean & Mean

Cheeseburger Salad

tomatoes and scallions

Mardi Gras Cajun

Grass-fed beef burger atop romaine lettuce

Grilled Chicken Salad 9.99 447

tossed with reduced-fat cheddar cheese

drizzled with gluten- and fat-free BBQ

Cajun seasoned grilled chicken breast

on a bed of romaine with turkey bacon,

tomatoes, onions and low-carb salsetta

Gluten-Free Dressings GF

Zero-Carb MMG Signature Sauce

Fat-Free Balsamic Vinaigrette

Zero-Carb Caesar

Fat-Free Honey Dijon

Caesar dressing and garnished with

9.99 658

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

Muscle Maker (III)

Caesar Salad Chkn 9.99 481 Stk 11.99

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

Mardi Gras Salad

Substitutes + Mkt. shrimp

tilapia grass fed beef

Lean ground turkey, red beans,

Grilled chicken breast, portabella

mushrooms, red roasted peppers,

part skim mozzarella, gluten- and

fat-free balsamic vinaigrette, served

brown rice

Godfather GIP

reduced-fat cheddar cheese, salsa, fat-free

sour cream, tomatoes and scallions over

Turkey Chili GF 10.75 725

10.75 410

El Mexicana Chkn 10.75 726 Stk 12.75 770

GUILTLESS ENTRÉES

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 10.75 726 Stk 12.75 803

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

Arizona Chkn 10.75 596 Stk 12.75 640

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

Grilled Entrée Chkn 10.75 462 Stk 12.75 5 Grilled chicken breast or steak served with broccoli and baked potato

Godfather

* 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

— indicates a aluten-free menu item. Calories are noted in RED.

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