

“Great Food with Your Health in Mind.”

Muscle Maker Grill®

*...for guilt-free meals
fast, fresh and delicious*



**Ron Rico, owner
Muscle Maker Grill, Red Bank**

Ron Rico loves Red Bank and can't think of a better way to show it than opening his new restaurant, Muscle Maker Grill®, where healthy, delicious eating is the first thing on the menu.

An insurance industry executive who's fitness-minded, Ron first got introduced to the Muscle Maker Grill® restaurant concept when he was working in north Jersey where the successful franchise has a booming location with a gym nearby. He thought the combination was a winner: a great place to eat that's not going to blow your diet after a workout.

At Muscle Maker Grill, everything is freshly prepared on premises with a menu that features lean, protein-based dishes—chicken, seafood, pasta, burgers, wraps, entree salads, and smoothies in a variety of assorted flavors.

And, yes there is an open flame grill where you can see your food being cooked and smell the aromas of fat-free-frier-free preparation. Every dish is designed to help you build muscle and burn fat while enjoying delicious, nutritious meals. Proprietary recipes are proven palette pleasers that the whole family can enjoy, including a special children's menu.

There are more than 150 Muscle Maker Grill® franchises sold nationwide, with new openings happening all the time. Their popularity is a testimony to the positive results that come from eating good food prepared in a healthy way—with weight loss being one of the benefits many patrons enjoy.

The atmosphere at Muscle Maker Grill® is friendly, relaxed and casual, with plenty of seating. It's self-service with a guaranteed fast turn-around on every order. Take-out and delivery are also available.

Located near Riverside Gardens Park, next door to Work Out World, with convenient parking in the municipal lot across the street, Muscle Maker Grill® is Ron Rico's way of making Red Bank a place more people can enjoy like he does...where you can go out to his restaurant for lunch or dinner or mid-day break and leave feeling better for the experience.

“You are what you eat,” he says. “At Muscle Maker Grill®, I know that my customers are getting great, healthy food that helps them be the best they can be.”



MUSCLE MAKER GRILL®
36 West Front Street
732-530-8888
Delivery and Catering Available

Open Seven Day a Week
Hours: Mon-Thur 11am - 9pm
Fri & Sat 11am - 11pm
Sun 11am - 5pm