

**MUSCLE MAKER GRILL** believes in making healthy meals without sacrificing flavor, taste or quality. All our meats are fresh and trimmed lean, featuring full flavored low calorie dressings, low-fat cheese portions and fresh vegetables.

*"Great Food with Your Health in Mind"*

FRANCHISE OPPORTUNITIES AVAILABLE



### WARM-UPS

- Baked Potato with broccoli and low-fat cheddar cheese ..... \$3.25
- Texas Chicken Strips with fat-free sour cream and celery ..... \$5.25
- Honey BBQ Nuggets with fat-free sour cream and celery ..... \$5.25
- Teriyaki Chicken Bites with fat-free sour cream and celery ..... \$5.25

Substitute Shrimp on any warmup for Market Price

### FIT SALADS

- Muscle Maker Caesar Salad w/ Zero-Carb Dressing ..... \$7.29  
with grilled chicken ..... \$9.65
- Tossed Garden Salad w/ Fresh Garden Vegetables ..... \$7.29  
Choice of fat-free Balsamic Vinaigrette, fat-free Honey Dijon, zero-carb Caesar or zero-carb Signature Sauce with grilled chicken ..... \$9.65
- Turkey Taco Salad ..... \$9.65  
Lean ground turkey, lettuce, tomato, salsa, low-fat cheddar and fat-free sour cream in a warm tortilla wrap
- Mardi Gras Cajun Grilled Chicken Salad ..... \$9.65  
Cajun-seasoned grilled chicken on a bed of romaine lettuce with tomato, onion, turkey bacon and low-carb salsetta dressing
- Lean and Mean Certified Angus Cheeseburger Salad ..... \$9.65  
Certified Angus Burger and low-fat cheddar with fat-free smokey BBQ dressing
- Italiano Salad ..... \$9.65  
with grilled chicken, romaine lettuce, red roasted peppers, fresh spinach, low-fat mozzarella and fat-free Balsamic Vinaigrette
- Chef's Grilled Chicken Combination Salad ..... \$9.65  
Grilled chicken, steamed broccoli, egg whites and romaine lettuce tossed in Chef's zero-carb Buffalo sauce

### LOW CARB SOLUTION Served over Broccoli

- Godfather ..... \$9.65  
Grilled chicken breast, portabella mushrooms, red roasted peppers, low-fat mozzarella and fat-free Balsamic Vinaigrette
- Texas ..... \$9.65  
Texas-style chicken topped with low-fat cheddar and fat-free sour cream
- Caesar Romano ..... \$9.65  
Chicken breast, zero-carb Caesar sauce and low-fat mozzarella
- High Protein Style ..... \$9.65  
Grilled chicken, scrambled egg whites, low-fat cheddar, sizzling onions and peppers
- Tuscany ..... \$9.65  
Chicken breast, zero-carb Southwest sauce and low-fat cheddar

Substitute/Add Shrimp or Fresh Fish for Market Price

Low Carb Wraps Available \$1.50 extra

### MUSCLE MAKER WRAPS

- Grilled Chicken Low-Carb Caesar Wrap ..... \$8.25
- Rocky Balboa Wrap ..... \$8.25  
Grilled chicken, turkey meatballs, low-fat mozzarella and marinara
- XXL Turkey Burger Wrap ..... \$8.25  
Lean ground turkey, turkey bacon and low-fat cheese with fat-free secret sauce
- BBQ Grilled Chicken Wrap ..... \$8.25  
Grilled chicken breast, fat-free hickory BBQ and low-fat cheddar
- Santa Fe Grilled Chicken Wrap ..... \$8.25  
Grilled chicken, turkey bacon, beans, rice, low-fat cheese and zero-carb Southwest sauce
- Teriyaki Grilled Chicken Stir-Fry Wrap ..... \$8.25  
Grilled chicken with onions, peppers, portabella mushrooms and carrots in Teriyaki sauce
- Certified Angus London Broil Wrap ..... \$8.25  
Certified Angus London Broil with peppers and onions
- Cancun Wrap ..... \$8.25  
Grilled chicken, black beans, salsa, low-fat cheese and fat-free sour cream
- Fat-Free Honey Dijon Grilled Chicken Wrap ..... \$8.25  
Grilled chicken with lettuce, tomato and onion with fat-free Honey Dijon
- European Wrap ..... \$8.25  
Grilled chicken, savory spinach and roasted peppers in an herb tortilla
- Turkey Meatball Parmesan Wrap ..... \$8.25  
in an herb tortilla with low-fat mozzarella
- Yee-Ha! Grilled Chicken Wrap ..... \$8.25  
Grilled chicken, western potatoes, turkey bacon and zero-carb Southwest sauce
- Hi-Protein Wrap ..... \$8.25  
Extra generous portion of grilled chicken and zero-carb Caesar dressing
- Pizza Burger Wrap ..... \$8.25  
Lean Certified Angus Burger, pizza sauce and low-fat mozzarella
- Tex-Mex Grilled Chicken Fajita Wrap ..... \$8.25  
Grilled chicken with onions, peppers, low-fat cheese, fat-free sour cream and salsa
- Vegetable Primavera Wrap with Low-Fat Cheese ..... \$7.75

- \* All cheese portions 5 grams of fat or less
- \* We use 0% calorie, fat and carb free butter spray on vegetables



### GRILLED SUPER SANDWICHES & BURGERS

- Grilled Chicken Breast Sandwich ..... \$8.25  
Served Original, Cajun or fat-free Honey Dijon with lettuce and tomato; or fat-free BBQ and low-fat cheese
- Napoli Grilled Chicken Sandwich or Wrap ..... \$8.25  
Grilled Chicken, roasted peppers, low-fat mozzarella and fat-free Balsamic Vinaigrette
- Mass Burger (Certified Angus) Sandwich or Wrap ..... \$8.25  
Lean Certified Angus Burger with low-fat cheese

Substitute/Add Shrimp or Fresh Fish for Market Price

### ALL WRAPS AND SANDWICHES SERVED W/ CHOICE OF SIDE

- Baked Potato, Brown Rice, Western Potatoes, Cucumber Salad, Mixed Vegetables, Corn on the Cob, Fat-Free Balsamic Potato Salad, Broccoli, Pasta Salad, Caesar Salad, Tossed Salad, Rice & Beans, Turkey Meatball, Savory Spinach \$1.00 extra.
- Extra Sauce, Low-Fat Cheese, Eggs, Turkey Bacon, Fat-Free Sour Cream \$1.50 extra.

## EDGEWATER, NJ

725 River Road, #45  
(across from Trader Joe's)

Phone: 201-699-0893

Fax: 201-699-0963

Please Call Ahead! We're Always Busy!

www.musclemakergrill.com

**WE DELIVER ALL DAY! EVERYDAY!**  
\$1.50 Charge

### POWER PASTA 100% Whole Wheat

- Penne with Turkey Meat Sauce ..... \$8.75
- Cajun Chicken & Penne ..... \$8.75  
in a red wine and brown sauce
- Penne Vodka with Chicken ..... \$9.75  
\*Regular penne available
- Sesame Chicken Teriyaki Pasta ..... \$8.75
- Penne with Marinara ..... \$7.50  
with grilled chicken ..... \$9.25

Substitute/Add Shrimp or Fresh Fish for Market Price

### GUILTLESS ENTREES

- Certified Angus Marinated Steak ..... \$11.25  
Served with baked potato and steamed broccoli with low-fat cheese
- Grilled Chicken Entree ..... \$9.75  
Two grilled chicken breasts with broccoli and baked potato
- Brown Rice & Beans ..... \$7.25  
with grilled chicken ..... \$9.75
- Arizona ..... \$9.75  
Grilled chicken and turkey bacon over brown rice topped with zero-carb Southwest sauce
- Oriental Chicken & Broccoli ..... \$10.50  
over brown rice
- Teriyaki Grilled Chicken Stir-Fry ..... \$9.75  
Grilled chicken, portabella mushrooms, onions, peppers and carrots in Teriyaki sauce over brown rice
- Lemon Pepper Chicken ..... \$9.75  
with steamed broccoli over brown rice
- EI Mexicana ..... \$9.75  
Fajita-grilled chicken, onions, peppers, salsa and low-fat cheese over brown rice and beans
- Turkey Chili ..... \$9.75  
Lean Turkey, salsa, low-fat cheddar and fat-free sour cream over brown rice

Substitute/Add Shrimp or Fresh Fish for Market Price

### EXTRAS

- |   |  |
|---|--|
| SHRIMP (Garlic or Teriyaki) ..... MKT PRICE | FRESH FISH ..... MKT PRICE               |
| GRILLED CHICKEN BREAST ..... \$3.95         | CERTIFIED ANGUS STEAK ..... \$4.95       |
| TURKEY MEATBALLS ..... \$3.95               | BROWN RICE & BEANS ..... \$3.75          |
| PASTA SALAD ..... \$2.95                    | Fat-Free BALSAMIC POTATO SALAD .. \$2.95 |
| CORN ON THE COB ..... \$2.95                | CUCUMBER SALAD ..... \$2.95              |
| STEAMED BROCCOLI ..... \$2.95               | SAVORY SPINACH ..... \$3.95              |
| STEAMED VEGETABLES ..... \$2.95             | BROWN RICE ..... \$2.95                  |
| HARD BOILED EGG ..... \$0.75                | Fat-Free SOUR CREAM ..... \$0.55         |
| TURKEY CHILI ..... \$4.75                   | BAKED POTATO ..... \$1.75                |

### BIG 32OZ. PROTEIN SMOOTHIES

- Chocolate, Vanilla or Strawberry ..... \$6.00
- Cookies & Cream ..... \$6.00
- Yoo-Hoo Banana ..... \$6.00
- Snappy Apple ..... \$6.00
- Fresh Strawberry Banana ..... \$6.00
- Chocolate Peanut Butter ..... \$6.00
- Tropical Paradise ..... \$6.00

# VEGETARIAN MENU

## WARM-UPS

|   |        |
|---|--------|
| Edamame .....   | \$3.75 |
| Loaded Baked Potato with broccoli and low-fat cheddar cheese .. | \$3.25 |
| Grilled Portabella Mushroom .....                               | \$5.25 |

## FIT SALADS

|  |        |
|--|--------|
| Muscle Maker Caesar w/ Zero Carb Dressing .....      | \$7.25 |
| Vegetarian Italiano .....                            | \$7.25 |
| Tossed Garden Salad w/ Fresh Garden Vegetables ..... | \$7.25 |

## MUSCLE MAKER WRAPS

|  |        |
|--|--------|
| Veggie Wrap Original or Spicy .....                            | \$6.99 |
| Teriyaki Veggie Wrap .....                                     | \$6.99 |
| European Veggie Wrap w/ Savory Spinach & Roasted Peppers ..... | \$6.99 |
| Portabella Wrap .....  | \$6.99 |

## GRILLED SUPER SANDWICHES & BURGERS

|                         |        |
|-------------------------|--------|
| Portabella Burger ..... | \$6.99 |
|-------------------------|--------|

## LOW CARB SOLUTION

|   |        |
|---|--------|
| Veggie Godfather served over Broccoli ..... | \$8.50 |
|---|--------|

## POWER PASTA 100% whole wheat

|                                |        |
|--------------------------------|--------|
| Penne with Marinara .....      | \$7.50 |
| add Portabella Mushrooms ..... | \$9.00 |
| Penne with Vodka Sauce .....   | \$8.75 |

## GUILTLESS ENTREES

|   |        |
|---|--------|
| Brown Rice with Beans .....               | \$6.95 |
| Teriyaki Grilled Vegetable Stir-Fry ..... | \$8.95 |
| Vegetarian El Mexicana .....              | \$8.95 |

## EXTRAS

Pasta Salad • Corn on the Cob • Steamed Broccoli • Steamed Vegetables  
Brown Rice and Beans • Fat-Free Balsamic Potato Salad • Cucumber Salad  
Savory Spinach • Brown Rice • Baked Potato

# CATERING MENU

"Our Specialty"

## PACKAGE #1

\$9.50 Per Person Includes:

Wraps (assorted)  
Tossed Salad Garden Vegetables with choice of dressing:  
*Low-Carb Salsetta, Fat-Free Honey Dijon, Lite Italian, Fat-Free Balsamic Vinaigrette, Zero-Carb Signature Sauce*  
or Low-Carb Caesar Salad  
Choice of One Side  
Lite Italian Pasta Salad  
Fat-Free Balsamic Red Potato Salad  
Cucumber Salad  
Vegetarian Red Beans and Brown Rice  
Hot Pasta (Low-Fat Vodka, Cajun or Marinara)  
Add Chicken: \$1.00 more per person  
Add Steak: \$1.50 more per person  
Add Shrimp or Fresh Fish: Market Price

## PACKAGE #2

\$11.50 Per Person Includes:

Healthy Hot Entrees (choice of one)  
Arizona Entree  
*Grilled chicken and turkey bacon over brown rice topped with Zero-Carb Southwest sauce*  
Teriyaki Grilled Chicken Stir-fry Entree  
*Portabella mushrooms, onions, peppers and carrots over brown rice*  
Garlic Grilled Chicken Entree  
*Garlic-herb grilled chicken, portabella mushrooms, garlic sauce and brown rice*  
Turkey Chili  
*Lean ground turkey, red beans, salsa, low-fat cheese, fat-free sour cream, tomato, scallion over brown rice*  
El Mexicana Entree  
*Fajita-grilled chicken, onions, peppers, salsa and low-fat cheese over brown rice and beans*  
Choice of Salad  
Tossed Garden Salad  
w/ fresh garden vegetables and choice of dressing:  
*Low-Carb Salsetta, Fat-Free Honey Dijon, Lite Italian, Fat-Free Balsamic Vinaigrette, Zero-Carb Signature Sauce*  
Low-Carb Caesar Salad  
Cucumber Salad  
Choice of One Side Dish  
Low-fat Penne Vodka, Cajun Pasta,  
Marinara Pasta, Brown Rice and Beans  
or Vegetable Chili

## PACKAGE UPGRADES

(CHOICE OF ONE) \$4.50 Per Person

1. Turkey Meatball Tray  
2. Texas Chicken Breast Strips  
3. Teriyaki Chicken Breast Strips  
4. Vegetable Chili  
*Southwest-seasoned portabella mushrooms, broccoli, tomato, onion, pepper and beans, with low-fat cheese and brown rice*

## EXTRAS

Assorted 20oz Drinks: \$2.00 a bottle

Two-Liter Soda: \$3.75 each



# WE DELIVER!



# WE CATER!

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MON-THURS: 11AM - 10PM FRI-SAT: 11AM - 11PM SUN: 12PM - 6PM

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