

WE DELIVER ALL DAY, EVERYDAY!
Call Ahead **201.935.8400**
NEW! All Dressings are Gluten Free \$1.50 CHARGE

Free Side!
w/ Wrap or Sandwich

WARM-UPS

SUBSTITUTE SHRIMP 173 calories - 1.99

Texas Chicken Nuggets 284 calories
Served with fat-free sour cream and celery - 4.99

Honey BBQ Nuggets 229 calories
Served with fat-free sour cream and celery - 4.99

Teriyaki Chicken Nuggets 281 calories
Served with fat-free sour cream and celery, garnished with sesame seeds - 4.99

Loaded Baked Potato 209 calories
With broccoli and reduced fat cheddar cheese - 3.29

Edamame 120 calories
Soy beans, steamed and lightly salted - 3.79



TEXAS CHICKEN NUGGETS

Soup Of The Day (Seasonal)

Bowl - 5.99 120 - 240 calories
Cup - 2.99 60 - 120 calories

FIT SALADS

NEW! **Gluten Free Dressings***
Balsamic, Caesar, MMG Signature, Honey Mustard

SUBSTITUTE SHRIMP 173 calories, **FRESH FISH** 290 calories **OR STEAK** 282 calories - 1.99

Muscle Maker Caesar Salad

Served with zero carb dressing 122 calories - 7.29
ADD GRILLED CHICKEN 294 calories - 9.29

Lean & Mean Cheeseburger Salad

584 calories
Premium beef burger atop romaine lettuce with reduced fat cheddar cheese and fat-free hickory BBQ dressing, garnished with tomatoes and scallions - 9.29

Mardi Gras Cajun Grilled Chicken Salad

415 calories
Cajun seasoned grilled chicken breast on a bed of romaine with turkey bacon, tomatoes, onions and low carb salsetta dressing - 9.29

*Croutons contain gluten.



ITALIANO SALAD

Italiano Salad

337 calories
Grilled chicken breast, reduced fat mozzarella, fresh spinach, red roasted peppers, romaine, gluten and fat-free balsamic vinaigrette - 9.29

Turkey Taco Salad

429 calories
Lean ground turkey, red beans, reduced fat cheddar cheese, romaine, tomatoes, scallions, salsa and fat-free sour cream - 9.29

WRAPS

Save 100 calories with our low carb wraps available for 75¢

CHOICE OF SIDE Baked Potato, Brown Rice, Cucumber Salad, Broccoli, Western Potatoes, Fat-Free Balsamic Potato Salad, Caesar Salad or Pasta Salad
SPINACH, RICE & BEANS, TURKEY MEATBALLS, TURKEY BACON or POP CHIPS® add - 1.00 each
EXTRA SAUCE, REDUCED FAT CHEDDAR CHEESE OR FAT-FREE SOUR CREAM add - 50¢

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MMG Signature Wrap

550 calories
Grilled chicken breast, turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb signature sauce - 7.99

Rocky Balboa Wrap

680 calories
Grilled chicken breast, turkey meatballs, reduced fat mozzarella and marinara - 7.99

BBQ Wrap

674 calories
Grilled chicken breast, reduced fat cheddar cheese and fat-free hickory BBQ sauce - 7.99

Low Carb Caesar Wrap

663 calories
Grilled chicken with romaine lettuce, zero carb Caesar dressing and topped with a touch of parmesan cheese - 7.99

European Wrap

543 calories
Grilled chicken, savory spinach, roasted peppers and parmesan - 7.99

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

SIGNATURE SANDWICHES

Chicken Breast

597 calories
With turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb Signature sauce - 7.99

EXTRAS

Grilled Chicken Breast 281 calories - 3.99

Turkey Meatballs 325 calories - 3.99

Pasta Salad 237 calories - 2.99

Steamed Broccoli 24 calories - 2.99

Cucumber Salad 36 calories - 2.99

Brown Rice 329 calories - 2.99



MMG SIGNATURE WRAP

Yee-ha! Wrap

545 calories
Grilled chicken breast, turkey bacon, western potatoes and zero carb signature sauce - 7.99

Santa Fe Wrap

681 calories
Grilled chicken breast, turkey bacon, red beans and brown rice, reduced fat cheddar cheese and zero carb signature sauce - 7.99

XXL Turkey Burger Wrap

691 calories
Lean ground turkey, turkey bacon and reduced fat cheddar cheese with fat-free secret sauce - 7.99

Turkey Meatball Parmesan Wrap

746 calories
With marinara sauce and reduced fat mozzarella cheese - 7.99

Tex-Mex Fajita Wrap

635 calories
Grilled chicken breast with sizzling onions and peppers, reduced fat cheese, fat-free sour cream and salsa - 7.99

Premium Burger

689 calories
With turkey bacon, reduced fat cheddar cheese, romaine, tomatoes and onions with our zero carb Signature sauce - 7.99

Baked Potato 142 calories - 1.79

Western Potatoes 138 calories - 2.99

Brown Rice & Beans 248 calories - 3.99

Savory Spinach 95 calories - 3.99

Fresh Fish or Shrimp 290/173 calories - 5.59

USDA Choice Steak 282 calories - 4.99

Edamame 120 calories - 3.79

Penne with Marinara Sauce 356 calories - 7.99

Brown Rice & Beans 323 calories - 7.29



CAJUN CHICKEN & PENNE

POWER PASTA

100% whole wheat. Regular penne pasta available. Portions are enough for two servings.

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Cajun Chicken & Penne

330 calories per serving
Chicken breast in a red wine and brown sauce, garnished with tomatoes and scallions - 9.99

Penne & Reduced Fat Vodka Sauce with Chicken

322 calories per serving
Chicken breast in a reduced fat vodka sauce, garnished with parmesan - 9.99

Sesame Chicken Teriyaki Pasta

399 calories per serving
Chicken breast served over pasta in a rich Teriyaki sauce, garnished with sesame seeds - 9.99

GUILTLESS ENTREES

Portions are enough for two servings.

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El Mexicana

353 calories per serving
Fajita grilled chicken breast, sizzling onions and peppers, reduced fat cheddar cheese and salsa over brown rice and beans, garnished with tomatoes and scallions - 9.99

Turkey Chili

341 calories per serving
Lean ground turkey, red beans, reduced fat cheddar cheese, salsa and fat-free sour cream over brown rice - 9.99

Teriyaki Grilled Chicken

Stir-Fry 374 calories per serving
Grilled chicken breast, portabella mushrooms, onions, peppers, carrots and sesame seeds in a rich Teriyaki sauce over brown rice - 9.99



ARIZONA

Arizona

291 calories per serving
Grilled chicken breast and turkey bacon over brown rice with tomatoes, scallions and gluten-free zero carb signature sauce - 9.99
*Turkey bacon contains gluten.

Grilled Chicken Entrée

234 calories per serving
Grilled chicken breasts served with broccoli and baked potato - 9.99

LOW CARB SOLUTION

Served over broccoli.

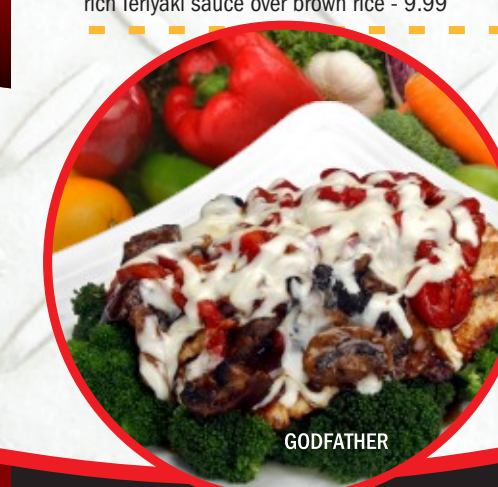
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Godfather

335 calories
Grilled chicken breast, portabella mushrooms, red roasted peppers, reduced fat mozzarella, gluten and fat-free balsamic vinaigrette - 9.99

Texas

410 calories
Spicy Texas BBQ chicken breast topped with reduced fat cheddar cheese and fat-free sour cream - 9.99



GODFATHER

Tuscany

366 calories
Chicken breast, gluten-free zero carb signature sauce and reduced fat cheddar - 9.99

WE ARE RECOMMENDED BY
HealthyDiningFinder.com
"DIETICIAN APPROVED"

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.

Muscle Maker Grill has made an effort to provide complete and current nutrition information, but the hand-crafted nature of our menu items and 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.

VEGETARIAN

WE USE ONLY VEGETABLE STOCK
IN THE PREPARATION OF OUR FOOD

Vegetarian Italiano

Salad 117 calories - 7.99

Veggie Wrap Original or spicy
440 calories - 6.99