

PROTEIN SHAKES

	-serving size (oz)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Chocolate Peanut Butter	32oz	390	44	27	475	9	11	5
Strawberry & Banana	32oz	392	43	53	300	0.5	2	4
Chocolate	32oz	280	41	23	400	1	3	4
Vanilla	32oz	280	42	24	350	1	2	1.5
Strawberry	32oz	280	42	24	300	0.5	2	1
Snappy Apple	32oz	390	42	80	390	1	2	1.5
Chocolate Banana	32oz	392	42	53	400	1	3	7
Tropical Paradise	32oz	350	43	50	300	0.5	2	1

KIDS MENU*

	-serving size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Cheese Quesadilla	184	550	30	52	1210	10.5	3	2
Pizza Quesadilla	251	564	36	54	1140	9.5	18	2
Chicken Nuggets	91	130	21	5	90	0.5	3	<1
Meatball	78	163	15	16	275	1.5	4	1
Penne Marinara	185	178	7	35	245	<1	1	3

*At participating locations.

For nutritional analysis **Muscle Maker Grill** is Sysco Dietician Approved.

Sysco's computerized nutrition analysis of these menu items is based on recipes submitted by **Muscle Maker Grill**. The nutrition values listed are based on the United States Department of Agriculture (USDA) nutrition information database, the source most commonly used for estimating nutritional content of foods, and/or values provided by the manufacturer, Healthy Dining utilized nutrition data from ingredients that closely match a similar product's nutrition profile.

USDA research has found that nutritional values of foods can vary between individual samples of a particular food by as much as 20%, due to such factors as season, soil conditions, region of the country, product suppliers and other factors. Therefore, data listed on the nutrition reports represent approximations only and fall within the Food and Drug Administrations' allowable variance. The values listed in the Nutrition Facts column on the reports are rounded according to FDA's guidelines.

NUTRITION GUIDE

VEGETARIAN

Vegetarian Italiano Salad
Veggie Wrap
Edamame
Penne with Marinara Sauce
Brown Rice & Beans

EXTREMELY LEAN

Arizona
MMG Signature Wrap (with Low Carb Wrap)
Low Carb Wrap
Italiano Salad
The Godfather
Grilled Chicken Entree
Cucumber Salad
Baked Potato
Balsamic Potato Salad

GLUTEN FREE

Muscle Maker Caesar Salad (without Croutons)
Arizona
The Godfather
Italiano Salad (without Croutons)
Turkey Taco Salad
Grilled Chicken Breast

LOW CARB

Godfather
Tuscany
Texas
Mardi Gras Cajun Grilled Chicken Salad
Nuggets
Chicken Caesar Wrap (with Low Carb Wrap)

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 for menu items made with our low-carb wrap and 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.

Muscle Maker Nutrition

What Sets Muscle Maker Grill apart from Fast Food Restaurants?

Muscle Maker Grill	Fast Food
No Deep Fryers	Deep Fryers
Whole Wheat Bread	Processed White Flour
Zero Fat Sour Cream	Full Fat Sour Cream
No Butter - 0 Carb 0 Fat 0 Calorie Spray	Fatty Butter
Zero Carb Signature Sauce	Sauces Full of Hidden Carbs
Salad Dressings - Fat-Free or Zero Carb	Dressings Full of Fat and Carbs
Whole Wheat Pasta	Processed White Flour Pasta
Brown Rice	Regular Cheap White Rice
Fresh, Never Frozen Lean Chicken Breast	Frozen Chicken "Parts"
Chicken Trimmed Lean / No Heavy Batter	Heavy Batter
USDA Choice Steak	From "Somewhere?" Steak
All Cheese Lower Fat Portions	Every Cheese Full of Fat
Low Fat Turkey Meatballs & Turkey Bacon	Full Fat Beef, Pork
No Cream Vodka Sauces	Heavy Creams Full of Fat
Low Carb Wrap Available	Full Carb Wraps

Understanding Calories

by Rod Silva, Founder of MMG

If you are counting calories to maintain or lose weight, it's important to also consider the nutritional benefits of your food choices. Whether you are eating food that's rich in protein or one filled with sugar and fat – they all have calories. However, you should always choose foods that have a higher nutritional value rather than eating smaller portions of food with empty calories.

Here's a simple example: On one plate is a portion of food that is 100 calories. On another dish is portion of food that has 130 calories. Based on calorie content alone, you would choose the first plate. But what if the lower calorie plate was of cookies and the higher calorie food was lean grilled chicken? Cookies are high in sugar and fat and have refined white flour that can raise blood sugar levels and may lead to food cravings. Therefore, although the cookies are lower in calories, the chicken, which is rich in protein and a good source of vitamins and minerals, is the healthier choice.

What this simple example shows is that calorie-counting on its own will not make you healthy. Choose calories that count! Instead of blowing your calorie budget on foods with empty calories, fill your diet with nutrient-dense choices like lean grilled chicken, vegetables, beans and whole grains.



All Dressings and Grilled Chicken Breast are **GLUTEN FREE!**

We Use Only Vegetable Stock in the Preparation of Our Food



NUTRITION FACTS & DIETARY GUIDE

Voted #1 Fastest Growing Restaurant Concepts by



FRANCHISES AVAILABLE

www.musclemakergrill.com



NUTRITION GUIDE

We are committed to making it easy for you to eat right, here is our complete nutrition information.

WARM-UPS

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Texas Chicken Nuggets	214	284	43	12	310	1.5	6	<1
Honey BBQ Nuggets	183	229	36	10	170	1.5	4	<1
Teriyaki Chicken Nuggets	209	281	43	11	180	1.5	6	<1
Loaded Baked Potato	233	209	7	38	270	2	4	5
Edamame	3oz	120	11	9	15	0.5	6	4

FIT SALADS

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Muscle Maker Caesar Salad	206	122	5	11	260	2	8	4
Muscle Maker Caesar Salad with Grilled Chicken	311	294	44	6	230	3.5	10	4
Lean & Mean Cheeseburger Salad	368	584	43	22	950	10	35	4
Mardi Gras Cajun Grilled Chicken Salad	345	415	44	9	610	4.5	22	4
Italiano Salad	281	117	7	14	670	3.5	4	4
Italiano Salad with Grilled Chicken	414	337	48	14	770	2.5	9	4
Turkey Taco Salad	452	429	61	17	620	4.5	12	5

Sodium is measured in milligrams which is a unit mass equal to one-thousandth of a gram.

MUSCLE MAKER WRAPS

All of our Wraps Contain 0g Trans Fat
Save 100 calories with our low carb wraps!

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
MMG Signature Wrap	361	550	45	55	770	5	15	5
Rocky Balboa Wrap	303	680	56	71	1100	5	17	5
BBQ Wrap	306	674	64	60	1120	6	18	3
Low Carb Caesar Wrap	283	563	44	51	880	5	19	5
European Wrap	340	543	51	53	960	3	12	4
Yee-ha! Wrap	304	545	37	67	880	5	13	4
Santa Fe Wrap	279	681	50	82	790	5	15	4
XXL Turkey Burger Wrap	322	691	64	58	1060	7	21	3
Turkey Meatball Parmesan Wrap	321	746	47	86	1430	8	22	6
Tex-Mex Fajita Wrap	355	505	49	27	1060	6	17	14

SIGNATURE SANDWICHES

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Chicken Breast Signature Sandwich	332	497	50	40	580	3.5	15	5
Premium Burger Signature Sandwich	299	589	48	43	710	9	25	4

LOW CARB SOLUTIONS

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Godfather	375	335	49	14	560	3	8	2
Tuscany	252	366	54	5	290	4	13	2
Texas	309	410	59	17	530	4.5	11	2

VEGETARIAN

All food made with vegetable stock

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Vegetarian Italiano Salad	281	117	7	14	670	1.5	4	4
Veggie Wrap	322	440	18	62	870	5	13	4
Edamame	3oz	120	11	9	15	0.5	6	4
Penne with Marinara Sauce	369	356	14	69	490	0.5	2	6
Brown Rice & Beans	282	323	10	66	830	0	2.5	8

EXTRAS

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Grilled Chicken Breast	170	281	53	0	125	1.5	6	0
Turkey Meatballs	156	325	29	32	550	3	8	2
Pasta Salad	184	237	8	43	330	0.5	3	1
Steamed Broccoli	59	24	2	5	25	0	0	2
Cucumber Salad	202	36	1	8	210	0	0	1
Brown Rice	202	329	8	68	780	0	3	5
Baked Potato	153	142	4	32	15	0	0	3
Western Potatoes	198	138	3	32	260	0	0	3
Brown Rice & Beans	184	248	8	50	660	0	2	6
Savory Spinach	154	95	4	5	120	1	8	3
Fresh Fish (Tilapia)	227	290	59	0	125	2	6	0
Fresh Shrimp	163	173	33	1	240	0.5	3	0
USDA Choice Steak	142	282	31	10	390	4.5	12	0

POWER PASTA

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Cajun Chicken & Penne	677	660	57	82	1927	2.5	9	5
Penne & Reduced Fat Vodka Sauce with Chicken	494	643	59	77	560	3	9	5
Sesame Chicken Teriyaki Pasta	445	798	62	106	3880	3.5	12	5

GUILTLESS ENTREES

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
El Mexicana	386	705	57	93	570	3	11	7
Turkey Chili	506	681	59	80	1160	4	13	8
Teriyaki Grilled Chicken Stir-Fry	493	748	56	102	3880	3	12	7
Arizona	373	581	46	60	860	-	17	7
Grilled Chicken Entree	400	467	61	37	180	2	8	5

SIDES

	serv. size (g)	calories	protein (g)	carbs (g)	sodium (mg)	sat. fat (g)	total fat (g)	fiber (g)
Caesar Salad	44	30	>1	1	60	0	2.5	<1
Balsamic Potato Salad	198	145	3	33	140	0	0	3
Turkey Bacon	12	30	2	0	140	0.5	2.5	0
Reduced Fat Cheddar Cheese	14	41	4	0	45	1.5	2.5	0
Fat-Free Sour Cream	57	42	2	9	80	0	0	0
Cheesecake	130	360	9	15	350	20	31	3
Yogurt	90	80	4	16	80	0	0	0

"Great Food with Your Health in Mind"™