



MuscleMakerGrill.com

## BURGER BAR \$10.99

### Pick Your Burger

Grass-fed beef • All-natural chicken Turkey • Impossible™ (+\$2.00)

All burgers are served with sweet potato fries.

## HEALTHY WRAPS \$9.99

Substitute grass-fed steak for (+\$2.00)  
Substitute wild caught Norwegian salmon (+\$5.00)

## FIT BOWLS \$10.99

Substitute grass-fed steak for (+\$2.00)  
Substitute wild caught Norwegian salmon (+\$5.00)

### CLASSIC

Reduced fat cheddar cheese, turkey bacon, signature sauce, lettuce, tomato and onion on a whole wheat bun.

### CALIFORNIA CLUB

Avocado, turkey bacon, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun.

### MUSHROOM SUPREME

Part skim mozzarella cheese, sautéed mushrooms, sautéed onions and lettuce on a whole wheat bun.

### JALAPENO

Jalapenos, Cajun seasoning, part skim mozzarella cheese, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun.

### RECOVERY

Fried egg, reduced fat cheddar cheese and turkey bacon on a whole wheat bun.

## FRESH GREENS \$9.99

Substitute grass-fed steak for (+\$2.00)  
Substitute wild caught Norwegian salmon (+\$5.00)

### MMG CAESAR SALAD (GF)

Chicken or steak, parmesan cheese, and zero carb Caesar dressing over romaine lettuce.

### ITALIANO SALAD (GF)

Chicken or steak, mozzarella cheese, roasted red peppers and balsamic vinaigrette over mixed greens.

### ASIAN SESAME GINGER SALAD

Chicken or steak, tomatoes, cucumbers, red onions, sesame seeds, craisins, avocado smash and Asian sesame ginger dressing over mixed greens.

### HOLLYWOOD SALAD (GF)

Chicken or steak, turkey bacon, cheddar cheese, tomatoes, onions, and our zero carb signature dressing over mixed greens.

### IMPOSSIBLE™ TACO SALAD +\$2.00

Impossible™ chili, cheddar cheese, salsa, tomatoes, scallions and sour cream over mixed greens.

### MMG SIGNATURE WRAP

Chicken or steak, turkey bacon, cheddar cheese, mixed greens, tomatoes, red onions and zero carb signature sauce in a jalapeno wrap.

### SANTA FE WRAP

Chicken or steak, turkey bacon, brown rice and beans, cheddar cheese and zero carb signature sauce in a jalapeno wrap.

### ROCKY WRAP

Chicken or steak, turkey meatballs, mozzarella cheese and marinara in a herb wrap.

### TEX-MEX FAJITA WRAP

Chicken or steak, sautéed green peppers and onions, cheddar cheese, sour cream and salsa in a jalapeno wrap.

### VEGGIE WRAP (VEGETARIAN)

Original or spicy with sautéed green peppers, onions, mushrooms, brown rice and beans and cheddar cheese in a herb wrap.

### TURKEY MEATBALL WRAP

Turkey meatballs, mozzarella cheese and marinara in an herb wrap.

### BBQ WRAP

Chicken or steak, cheddar cheese and brown rice with fat free Hickory BBQ sauce in an herb wrap.

## POWER SIDES

Avocado Smash	\$4.99
Caesar Salad	\$3.99
Cucumber Salad	\$3.99
Berry Parfait - Strawberries and Blueberries with Walnuts over Yogurt	\$4.99
Hardboiled Eggs (3)	\$3.99
Brown Rice	\$3.99
Brown Rice and Beans	\$3.99
Buffalo 'Shrooms	\$4.99
Cauliflower Rice	\$4.99
Roasted Broccoli	\$4.99
Oven Roasted Sweet Potatoes	\$4.99
Sweet Potato Fries	\$4.99
Turkey Meatballs	\$4.99
Grilled Chicken	\$4.99
Grass-fed Steak	\$5.99
Wild Caught Salmon	\$6.99

### ARIZONA (GF)

Chicken or steak, turkey bacon, tomatoes, scallions, and zero carb signature sauce over brown rice.

### GODFATHER (GF)

Chicken or steak, portobella mushrooms, roasted red peppers, mozzarella cheese and balsamic vinaigrette over roasted broccoli.

### EL MEXICANA (GF)

Chicken or steak, sautéed green peppers and onions, cheddar cheese, salsa, tomatoes and scallions over brown rice and beans.

### TERIYAKI STIR-FRY

Chicken or steak, portobella mushroom blend, sautéed green peppers and onions, carrots, sesame seeds, and teriyaki sauce over brown rice.

### IMPOSSIBLE™ CHILI BOWL +\$2.00

Impossible™ chili, cheddar cheese, salsa, sour cream, tomatoes and scallions over brown rice.

## KETO YOUR WAY \$11.99

Substitute grass-fed steak for (+\$2.00)  
Substitute wild caught Norwegian salmon (+\$5.00)

### THE BUFFALO

Chicken or steak, portabella mushrooms, roasted red peppers and mozzarella cheese tossed in our Keto friendly buffalo sauce over roasted broccoli.

### THE PHOENIX

Chicken or steak, over cauliflower rice, turkey bacon and our Keto friendly signature sauce topped with roasted broccoli.

### KETO RECOVERY BURGER

Our delicious grass-fed beef burger, turkey bacon, cheddar cheese and a fried egg on top of our roasted broccoli.

### PHILLY CAESAR SALAD

Chicken or steak, over mixed greens, fajita grilled onions and peppers with mozzarella cheese topped with our Keto friendly Caesar dressing.

### KETO HOLLYWOOD SALAD

Chicken or steak, over mixed greens, cheddar cheese, turkey bacon and avocado smash topped with our Keto friendly signature sauce.