

OUR STORY

At the age of 18, **Rod Silva**, our founder, began working out. He soon learned that 80% of the results of exercise are due to eating the right foods and he could not find any restaurant that served great tasting food with the correct nutrition he required. On December 8th of 1995, Rod opened the doors to a protein smoothie store in Colonia, New Jersey, which also carried a full line of sports supplement products. Rod was 23 years old, still exercising more than ever. While running the smoothie store, Rod would bring his food for lunch and dinner. Customers would smell the delicious aroma and would ask if they could buy his food. Rod started cooking extra food and began selling the tasty nutritious meals to his customers. From our humble beginnings and a \$15,000 loan on Rod's 1990 Nissan Maxima, **Muscle Maker Grill** was born. Rod, having come from a family of great cooks, began creating recipes for... "Great Food With Your Health in Mind"™

CATERING

It's Our Specialty!

Entrée Package

11.99 per person

HOT ENTRÉES

Your choice of one:

Arizona Entrée

Grilled chicken breast and turkey bacon over brown rice with tomatoes, scallions, gluten-free and zero carb signature sauce

El Mexicana Entrée

Fajita grilled chicken breast, sizzling onions and peppers, reduced fat cheddar cheese and salsa over brown rice and beans, garnished with tomatoes & scallions

CHOICE OF ONE PASTA

Choice of Sauce

Vodka, Teriyaki, Marinara or Cajun

CHOICE OF ONE SALAD

Tossed or Caesar Salad

Choice of Gluten-Free Dressing:

Fat-Free Balsamic Vinaigrette, Zero Carb Caesar, Zero Carb MMG Signature Sauce, Fat-Free Honey Dijon

Wrap Package

9.99 per person

ASSORTED WRAPS

CHOICE OF ONE PASTA

Choice of Sauce

Vodka, Teriyaki, Marinara or Cajun

CHOICE OF ONE SALAD

Tossed or Caesar Salad

Choice of Gluten-Free Dressing:

Fat-Free Balsamic Vinaigrette, Zero Carb Caesar, Zero Carb MMG Signature Sauce, Fat-Free Honey Dijon

ADD STEAK, SHRIMP OR FRESH FISH TO ANY PACKAGE 3.00 per person

ADD CHICKEN TO ANY SALAD 2.00 per person

PROTEIN COOKIE TRAY

Two-pack healthy protein cookies

Additional 2.99 per person

Package Upgrades

4.49 per person

Your choice of Chicken Breast Nuggets

OR

Baked Turkey Meatballs



"Muscle Maker Grill exclusively serves the Coca-Cola family of beverages"



Muscle_Maker



MuscleMakerGrill



MuscleMakerGrillTV

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Leifmibaby.com 888.303.3363



PROTEIN
SHAKE

BIG PROTEIN SHAKES

32oz - 6.00

Chocolate Peanut Butter

390 calories

Fresh Strawberry Banana

392 calories

Chocolate 280 calories

Vanilla 280 calories

Strawberry 280 calories

Snappy Apple 390 calories

Chocolate Banana 392 calories

Tropical Paradise 350 calories



SUGAR-FREE
CHEESECAKE

SUGAR-FREE CHEESECAKE - 2.99

360 calories

FRUIT SMOOTHIES

All natural, 100% fruit, with no sugar added.

Available in five flavors: Pineapple Paradise, Mango Tropics, Peach-Pear-Apricot, Four Berry and Strawberry.

16oz - 3.99 24oz - 4.99

Add Protein - 2.00 Add Banana - 0.50



About Our Nutrition

Everyone's idea of nutrition is different. Some people want low carbohydrates, some high protein, some low fat and others low calories. One way to look at it is if you are a calorie counter. If I have 100 calories of food in my left hand and 160 calories of food in my right hand, which one is better for you? The left one, correct? Well, if the 100 calorie left hand was full of Oreo cookies and the 160 calorie right hand was lean chargrilled chicken, what would your answer be? Obviously the lean grilled chicken, but the point is that nutrition is looked at differently by all of us. At **Muscle Maker Grill**, we take the food you love to eat - Italian, Asian, American, Cajun, Mexican and Southwestern - and make them with a healthy twist! - **The Muscle Maker Grill Team**

America's Hottest Concept

Healthy Operations in New York, New Jersey, Florida, California, Texas and Pennsylvania

Over 200 Sold in 3 Years!

FOR FRANCHISE OR INVESTOR INFORMATION,
VISIT WWW.MUSCLEMAKERGRILL.COM

THE COURT AT GRANT • 2550 GRANT AVENUE

PHILADELPHIA, PA

215.969.0200

FAX: 215.969.0700

Call Ahead - We're Always Busy



"Great Food with Your Health in Mind"™



CAJUN CHICKEN
& PENNE

WE CATER • WE DELIVER • TAKE OUT

WE ARE RECOMMENDED BY



HealthyDiningFinder.com "DIETICIAN APPROVED"

HOURS OF OPERATION

MON - SAT 10 AM - 9 PM • SUN 11 AM - 6 PM

WWW.MUSCLEMAKERGRILL.COM

WE DELIVER ALL DAY, EVERYDAY!

Call Ahead

215.969.0200

\$1.50 DELIVERY CHARGE

NEW! All Dressings are Gluten Free

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

Gluten Free Dressings*

Fat-Free Balsamic Vinaigrette, Zero Carb Caesar,
Zero Carb MMG Signature Sauce, Fat-Free Honey Dijon

SUBSTITUTE SHRIMP 173 calories
or **FRESH FISH** 290 calories - 1.99

Muscle Maker Caesar Salad

Served with zero carb dressing 122 calories - 7.29

...with Steak - 10.29 ...with Chicken - 9.29 294 cal.

**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

Reduced fat mozzarella, fresh spinach, red roasted
peppers, romaine, gluten and fat-free balsamic
vinaigrette

...with Steak - 10.29 ...with Chicken - 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, Vegetable Medley, 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¢

SUBSTITUTE SHRIMP 173 calories or **FRESH FISH** 290 calories - 1.99

MMG Signature Wrap 550 calories

Turkey bacon, reduced fat cheddar cheese,
romaine, tomatoes and onions with our zero
carb signature sauce in a jalapeño wrap
...with Steak - 8.99 ...with Chicken - 7.99

Rocky Balboa Wrap 680 calories

Grilled chicken breast, turkey meatballs, reduced
fat mozzarella and marinara in an herb wrap - 7.99

Santa Fe Wrap 681 calories

Turkey bacon, red beans and brown rice, reduced fat
cheddar cheese and zero carb signature sauce in a
jalapeño wrap
...with Steak - 8.99 ...with Chicken - 7.99

Low Carb Caesar Wrap 563 calories

Romaine lettuce, zero carb Caesar dressing, topped
with a touch of parmesan cheese in a white wrap
...with Steak - 8.99 ...with Chicken - 7.99

European Wrap 543 calories

Grilled chicken, savory spinach, roasted
peppers and parmesan in an herb wrap - 7.99



MMG
SIGNATURE WRAP

Yee-ha! Wrap 545 calories

Turkey bacon, western potatoes and zero carb
signature sauce in a jalapeño wrap
...with Steak - 8.99 ...with Chicken - 7.99

BBQ Wrap 674 calories

Reduced fat cheddar cheese and fat-free hickory
BBQ sauce in a white wrap
...with Steak - 8.99 ...with Chicken - 7.99

XXL Turkey Burger Wrap 691 calories

Lean ground turkey, turkey bacon and reduced fat
cheddar cheese with fat-free secret sauce in a white
wrap - 7.99

Turkey Meatball Parmesan Wrap 746 calories

With marinara sauce and reduced fat mozzarella
cheese in an herb wrap - 7.99

Tex-Mex Fajita Wrap 635 calories

Sizzling onions and peppers, reduced fat cheese,
fat-free sour cream and salsa in a jalapeño wrap
...with Steak - 8.99 ...with Chicken - 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 497 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

Premium Burger 589 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 - Mkt.

USDA Choice Steak 282 calories - 4.99

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

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.

SUBSTITUTE SHRIMP 173 calories
or **FRESH FISH** 290 calories - 1.99

Cajun Chicken & Penne 330 calories per serving

Chicken breast in a red wine 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.

SUBSTITUTE SHRIMP 173 calories
or **FRESH FISH** 290 calories - 1.99

El Mexicana 353 calories per serving

Fajita grilled chicken breast or steak, sizzling
onions and peppers, reduced fat cheddar cheese
and salsa over brown rice and beans, garnished
with tomatoes and scallions
...with Steak - 10.99 ...with Chicken - 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

Turkey bacon over brown rice with tomatoes,
scallions and gluten-free zero carb signature
sauce
...with Steak - 10.99 ...with Chicken - 9.99

Grilled Chicken Entrée

234 calories per serving

Grilled chicken breasts served with broccoli
and baked potato - 9.99

LOW CARB SOLUTION

Served over broccoli.

SUBSTITUTE SHRIMP 173 calories
or **FRESH FISH** 290 calories - 1.99

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.