Special! National cruciferous month. For a limited time, try our delicious new dish: **MUSCLE MAKER GRILL\textregistered**

**Our Story**

At the age of 18, Bob Silbo 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, Bob opened the doors to a protein smoothie store in Colombia, New Jersey, which also carried a full line of protein supplement products. Rod was 23 years old, still working more than ever. While running the smoothie store, Bob would bring his food for lunch and dinner. Customers would smell the delicious aroma and would ask if they could buy his food. Bob 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 1991 Nissan Maxima, Muscle Maker Grill was born. Red, having come from a family of great cooks, began creating recipes for...

**Catering It's Our Specialty**

**Entrée Package**

11.95 per person

**HOT ENTRÉES**

Your choice of one:

- **Teriyaki Grilled Chicken**
- **Stir-Fry Entrée**

Grilled chicken with portobello mushrooms, onions, peppers and carrots in teriyaki sauce and sesame seeds over brown rice.

- **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, sliced 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**

Your choice of gluten-free, zero carb Caesar, fat-free balsamic vinaigrette, or zero carb signature sauce.

**Wrap Package**

9.95 per person

**ASSORTED WRAPS**

Choice of Sauce

- Vodka, teriyaki, marinara or Cajun

**Add Steak, Shrimp or Fresh Fish to Any Package**

2.45 per package

**PROTEIN COOKIE TRAY**

Two pack healthy protein cookies

Additional 2.95 per person

**Package Upgrades**

4.95 per person

Your choice of Chicken Breast Nuggets or Baked Turkey Meatballs

**Two Liter Soda**

3.00

**Assorted 20 oz. Drinks**

1.95

We are located at 4041 East Tremont Ave., Bronx, NY 10465 - (718) 822-6991

Visit Our New Location

3548 East Tremont Ave • Bronx, NY 10465 • 718 597-4900
Muscle Maker Grill
4041 East Tremont Ave., Bronx, NY 10465 - (718) 822-6991

Date this menu was added to MenusNY: May 15, 2012

Menu items:
- Chicken Breast 597 calories
- Turkey Bacon 597 calories
- Turkey Meatballs 550 calories
- Pasta Salad 237 calories
- Steamed Broccoli 24 calories
- Cucumber Salad 38 calories
- Brown Rice 320 calories
- Grilled Chicken Breast 281 calories
- Turkey Meatballs 325 calories
- Pasta Salad 237 calories
- Steamed Broccoli 24 calories
- Cucumber Salad 38 calories
- Brown Rice 320 calories
- Grilled Chicken Breast 281 calories
- Turkey Meatballs 325 calories
- Pasta Salad 237 calories
- Steamed Broccoli 24 calories
- Cucumber Salad 38 calories
- Brown Rice 320 calories

Vegetarian:
- Grilled Italian Salad 117 calories
- Veggie Wrap 440 calories
- Edamame 120 calories
- Penne with Marinara Sauce 365 calories
- Brown Rice & Beans 323 calories
- Tuscani's 366 calories
- Grilled chicken breast, garlic and rosemary
- Spicy Texas BBQ chicken breast topped with reduced fat cheddar cheese and fat-free sour cream - 10.95

Note: Menu prices may have changed since this menu was added to MenusNY.com!
Muscle Maker Grill
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WE DELIVER ALL DAY, EVERYDAY!
Call Ahead 718.822.6991
NEW! All Dressings are Gluten Free

WARM-UPS

SUBSTITUTE SHRIMP 173 calories - 1.55

Texas Chicken Nuggets 284 calories
Served with fat-free sour cream and celery - 4.95

Honey BBQ Nuggets 229 calories
Served with fat-free sour cream and celery - 4.95

Teriyaki Chicken Nuggets 281 calories
Served with fat-free sour cream and celery, garnished with sesame seeds - 4.95

Loaded Baked Potato 209 calories
With broccoli and reduced fat cheddar cheese - 3.55

Edamame 130 calories
Soy beans, steamed and lightly salted - 3.75

FIT SALADS

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

SUBSTITUTE SHRIMP 173 calories - FRESH
FISH 290 calories OR STEAK 282 calories - 1.55

Muscle Maker Caesar Salad 544 calories
Served with two carb dressing 122 calories - 7.35
ADD GRILLED CHICKEN 284 calories - 9.35

Lean & Mean Cheeseburger Salad 544 calories
Premium beef burger atop romaine lettuce with reduced fat cheddar cheese and fat-free Hickory BBQ dressing, garnished with tomatoes and scallions - 9.35

Italiano Salad 337 calories
Grilled chicken breast, reduced fat mozzarella, fresh spinach, red roasted peppers, romaine, gluten and fat-free balsamic vinaigrette - 9.35

Turkey Taco Salad 429 calories
Lean ground turkey, red beans, reduced fat cheddar cheese, romaine, tomatoes, scallions, salsa and fat-free sour cream - 9.35

America’s Hottest Concept
Healthy Operations in New York, New Jersey, Florida, California and Philadelphia, PA
200 Sold in 3 Years!
FOR FRANCHISE OR INVESTOR INFORMATION, VISIT WWW.MUSCLEMAKERRGRILL.COM

*Warning: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your occurrence of illnesses, especially if you have a medical condition. All calculations are approximations based on weight.

*Notice: Muscle Maker Grill has made efforts to provide complete and accurate information. However, the nutritional content of your meal changes depending on choices in ingredients, recipes and customizations you make. Therefore, the values shown above should be used only as a general guideline. Additionally, ingredients may change from time to time. It is important to be aware of the above factors when determining your caloric intake.