

SMOOTHIES

	16oz.	24oz.
BEACHCOMBER	\$3.99	\$4.79
Banana, raspberry, and cran-grape juice. (370c / 463c)		
LEMONADE FRUIT	\$3.99	\$4.79
Lemonade mixed with your choice of fruit. (210c / 263c)		
RISE & SHINE	\$3.99	\$4.79
Chocolate soy milk, cherries, banana slices. (290c / 363c)		
BANANA-COLADA	\$3.99	\$4.79
Banana, Piña Colada and pineapple juice. (340c / 425c)		
RASPBERRY-COLADA	\$3.99	\$4.79
Raspberries, Piña Colada and pineapple juice. (450c / 563c)		
BERRY GOOD	\$3.99	\$4.79
Ice cream, strawberry, and blueberries. (340c / 425c)		
CAFÉ LATTÉ	\$3.99	\$4.79
Soy milk, cappuccino mix and chocolate. (450c / 563c)		
COOKIES & CREAM	\$3.99	\$4.79
Ice cream and Oreos. (470c / 588c)		
CARIBBEAN CRUISE	\$3.99	\$4.79
Banana, mango, and pineapple juice. (360c / 450c)		
GERMAN CHOCOLATE	\$3.99	\$4.79
Ice cream, Piña Colada, and chocolate. (510c / 638c)		
MUSCLE MONKEY	\$3.99	\$4.79
Yogurt, banana, chocolate, and peanut butter. (400c / 500c)		
PEANUT BUTTER & JELLY	\$3.99	\$4.79
Yogurt, banana, peanut butter and your choice of strawberries or raspberries. (420c / 525c)		
MOUNTAIN CLIMBER	\$3.99	\$4.79
Fat-free yogurt, apple juice, strawberry, raspberry, and blackberries. (350c / 438c)		
SAILING SEA BREEZE	\$3.99	\$4.79
Peach, raspberry, Piña Colada and blueberries. (380c / 475c)		
STRAW-NANA	\$3.99	\$4.79
Strawberry and banana. (320c / 400c)		
YOUR CHOICE	\$3.99	\$4.79
Your choice of three flavors (4 or more, add \$.59)		
WHEY & SOY PROTEIN (130c / 70c)	\$	\$.99
NUTRITIONAL BLENDS	\$	\$.69
L-Glutamine • Creatine • Flax Seed Oil • Multi-Vitamin Ginseng/Bee Pollen • Bran Fiber • Fat Burner		

WELCOME TO MMG

In addition to our nutritious menu,
we're proud to feature the best vitamins and
dietary supplements on the market:

Great Life Vitamins • Labrada • Met-RX • BSN • HiTech
Cytosport • VPX • Gaspari • Applied Nutraceuticals

Plus, we offer a full line of assorted
sports drinks and protein bars.



STORE HOURS

Monday – Thursday: 9am-9pm
Friday – Saturday: 9am-6pm • Sunday: 10am-3pm

STORE LOCATIONS

9565 Taylorsville Rd • Louisville, KY 40299 • 502.297.8807
9463 Westport Rd • Louisville, KY 40241 • 502.420.0707
951 E. Lewis & Clark Pkwy • Clarksville, IN 47129 • 812.284.5624

eathealthy@musclemonkeygrill.com
www.GLVshoppe.com

The "C" number after each item is that item's calorie count.
Recommended limits for a 2,000 calorie daily diet are 20 grams
of saturated fat and 2,300 milligrams of sodium. Calorie counts are
based on standard recipes and may vary slightly. Additional nutrition
information is available upon request.



& Great Life
Vitamin Shoppe

An Official **MET-RX** Company

SANDWICHES

BACON, EGG & CHEESE BAGEL\$3.99

Hot eggs, turkey bacon, and Swiss cheese stacked inside your choice of bagel. (500c)

TURKEY CLUB\$4.99

Smoked turkey, turkey bacon, lettuce, tomato, Swiss cheese, and Lite mayonnaise on Ciabatta bread. (680c)

TURKEY PEPPER JACK PANINI\$4.99

Smoked turkey, tomato, honey mustard dressing, and pepper jack cheese on Ciabatta bread. (600c)

CHICKEN PESTO PANINI\$5.49

Grilled chicken, roasted red peppers, basil pesto sauce, and pepper jack cheese on Ciabatta bread. (660c)

HONEY MUSTARD CHICKEN PANINI\$5.49

Grilled chicken, red peppers, honey mustard sauce, and pepper jack cheese on Ciabatta bread. (690c)

CARIBBEAN GRILL VEGETARIAN PANINI\$4.99

Fresh mango salsa and pepper jack cheese grilled on Ciabatta bread. (510c)

SALADS

CARIBBEAN JERK CHICKEN SALAD\$5.49

Chicken breast lightly coated with spicy Jerk sauce served atop a bed of crisp Romaine lettuce, diced tomato, cheddar cheese and a little ranch dressing to cool things down. (370c)

GRILLED CHICKEN SALAD\$4.99

Cold lettuce greens, grilled chicken breast, diced tomatoes, shredded cheese. (270c)

CHICKEN CAESAR SALAD\$4.99

Fresh hearts of Romaine lettuce, grilled chicken, Parmesan cheese. (310c)

HOUSE SALAD\$3.99

Cold lettuce greens topped with diced tomatoes and shredded cheese. (130c)

WRAPS

BACON, EGG & CHEESE WRAP\$3.99

Scrambled eggs, turkey bacon, and shredded cheese wrapped in a honey-wheat tortilla. (510c)

BLT WRAP\$4.99

Turkey bacon, lettuce, tomato, Lite mayo, and shredded cheese in a honey-wheat tortilla. (470c)

CHICKEN CAESAR WRAP\$5.49

Grilled chicken, Romaine lettuce, Parmesan cheese, Caesar dressing and potato sticks wrapped in a spinach tortilla. (530c)

CLUB WRAP\$5.49

Smoked turkey, turkey bacon, Romaine lettuce, diced tomato, shredded cheese, and Lite mayo wrapped in a honey-wheat tortilla. (520c)

BUFFALO CHICKEN WRAP\$5.49

Grilled chicken topped with a fat free buffalo sauce and ranch dressing, Romaine lettuce, diced tomato, and shredded cheese wrapped in a honey-wheat tortilla. (550c)

SANTA FE WRAP\$5.49

Grilled chicken, fresh Romaine lettuce, shredded cheese, topped with salsa and wrapped in a spinach tortilla. (480c)

JERK CHICKEN WRAP\$5.49

Da ya like spice? Grilled chicken breast glazed in a spicy Jerk sauce with Romaine lettuce and tomato. For a taste explosion, try it with the mango salsa which is served on the side. (430c)

BACON RANCH CHICKEN WRAP\$5.49

This wrap is stuffed with hot grilled chicken, turkey bacon, Romaine lettuce, Parmesan cheese and ranch dressing, packed tight in a spinach tortilla. (550c)

HONEY MUSTARD TURKEY WRAP\$5.49

Smoked turkey breast with fresh Romaine lettuce and tomatoes topped with honey mustard and cheddar cheese. (450c)

BEVERAGES

COFFEE\$1.59

FLAVORED HOT TEA\$1.59

Assortment of whole-leaf flavors good

GATORADE\$1.50

ASSORTED PRE-WORKOUT SHOTS\$2.00

SUGAR-FREE ENERGY BLAST\$2.50 (16 oz.)

Lemonade or Cran-grape **\$3.25** (24 oz.)

*Add to a smoothie for only \$1.00

SNACKS

FRESH FRUIT\$.99

BAGEL\$1.39

Assorted flavors — served with cream cheese, peanut butter, or honey. (110c + topping)

SUN CHIPS (210c)\$.79

TRAIL MIX\$.79

KID'S MENU

CAFÉ KID SMOOTHIE\$2.29

Yogurt bananas and strawberries. (290c)

GRILLED CHEESE PANINI (240c)\$2.29

GRILLED PEANUT BUTTER & BANANA (320c)\$2.29