

YOUR WAY MENU

"BUILD A MEAL TO ACHIEVE YOUR GOALS IN 5 EASY STEPS" J.B.

STEP 1) CHOOSE A PROTEIN

- ORGANIC GRILLED CHICKEN \$10.99
140 CALORIES/ 3.1G TOTAL FAT / 28 G PROTEIN
- ORGANIC CRISPY CHICKEN \$10.99 255/15/36
- SPICED SEARED SHRIMP \$11.99 99/.3/26
- LEMON BAKED SALMON \$12.99 157/11/18.5
- GRASS FED GROUND BEEF \$10.99 220/8/33.6
- EPIC CHICKEN SALAD \$8.99 145/5/24
- PRESSED TOFU \$8.99 71/4.5/24

STEP 2) CHOOSE ONE BASE

- FLOUR TORTILLA WRAP 330/8/7
- ORGANIC SPINACH BOWL 14/0/2
- BROWN RICE BOWL 160/1/8
- MIXED GREENS 15/0/1

STEP 3) PICK UP TO 4 VEGETABLES

(ADD .50 PER ADDITIONAL SELECTION)

COLD SELECTIONS

- CARROT STRINGS 26/.2/.5
- FRESH CILANTRO 2/.1/0
- EDAMAME 70/.2/9
- EPIC PICO 11/.1/.3
- FRESH BASIL 2/0/0
- TOMATO 30/0/.7
- GREEN APPLE PICKLE 29/0/.2
- ORGANIC SPINACH 5/0/.5
- RED CABBAGE FLOSS 14/1/1
- ROASTED BEETS 51/2.3/1.1
- CUCUMBER 8/1/.5
- PICKLED JALAPENOS 40/0/0 > >>>
- GINGER VEGGIES 52/.5/0>

HOT SELECTIONS

- ROASTED RED PEPPERS 27/.2/6
- BENNE BOK CHOY 31/2.3/1.5
- CAMELIZED ONIONS 32/.6/.5
- LOCAL VEGGIE SAUTÉ 11/.3/.8
- SMOKEY BLACK BEANS 68/.3/4.6
- SWEET POTATOES 76/3/.5

STEP 4) CHOOSE ONE SAUCE

(ADD .50 FOR EXTRA SAUCE) (ALL GLUTEN FREE)

- WHITE BALSAMIC VIN 142/14/0
- CHILI JAM 80/1/.5
- SPICY HOUSE SAUCE 54/6/3
- EPIC RANCH 54/6/3.3
- GF SOY SAUCE 13/0/.5
- AVOCADO CHILE LIME 63/5/1
- SCALLION GINGER 111/10/1
- PEANUT SAUCE 183/15/5.5
- VEGAN BBQ 48/4.7/2

STEP 5) CHOOSE A SIDE

- SWEET POTATO CHIPS 152/4.3/1.8
- FRESH FRUIT 59/.3/.5
- SAUTEED VEGGIES 23/.7/1.3
- SHRED SALAD WITH GINGER 40/1/.9

PREMIUM ADD ONS -

- ORGANIC FRIED EGG \$1.75
- GOAT CHEESE \$1.50
- JACK CHEESE \$1.50
- AVOCADO CRUSH \$1.50

BETTER BURGERS

"Grass-fed beef makes a much better burger. Epic Better Burgers and Bowls give you the clean protein to rock your day and recover from intense workouts" J.B.

*GRASS-FED BURGER \$10.99

Jack cheese, caramelized onions, cave man ketchup, mixed greens, tomato, Epic pickles on a whole grain bun with sweet potato chips

-SUBSTITUTE A GLUTEN FREE BUN \$11.99

-SUBSTITUTE OVER A BED OF SPINACH

BLACK BEAN VEGGIE BURGER

\$8.99

"It took two years and 30 tries to master this veggie 'burg. Hits you with energy, fresh flavor and lightness. No frozen cardboard pucks here". JB SERVED WITH VEGAN BBQ SAUCE, TANGY SLAW, CORONA PICKLED ONIONS & CHOICE OF SIDE WITH WHOLE GRAIN BUN (VEGAN)

-SUBSTITUTE OVER A BOWL OF SPINACH

-SUBSTITUTE A SWEET POTATO BUN (NOT GLUTEN FREE)

APPETIZERS (GF)

- FRIED SMOKED MUSHROOMS WITH EPIC RANCH

\$5.95

- GUACAMOLE WITH TORTILLA CHIPS \$7.00

-LARGE CRISPY CHIC PEAS \$3.99

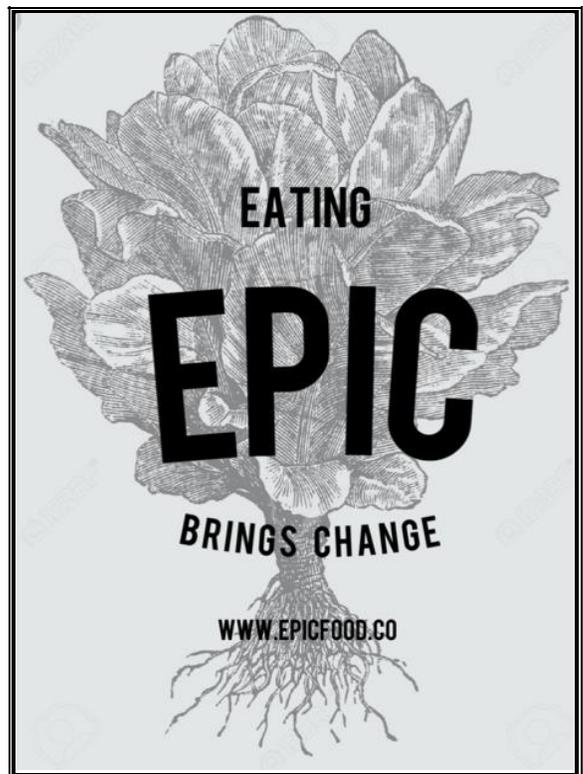
- BAKED PLANTAINS WITH GOAT CHEESE AND CAMELIZED ONIONS \$5.99 (**AFTER 5PM)

DINNER SPECIALS

AFTER 5 PM

- SALMON SPECIAL \$17.95

- SEASONAL SPECIAL M/P



EPIC KIDS MENU \$5.95 COMES WITH CHIPS AND FRUIT

-(GF) CRISPY ORGANIC CHICKEN STRIPS

-ORGANIC CHICKEN OR GRASS FED BEEF BURRITO

WITH CHEESE, RICE, BEANS AND SPINACH

-GRILLED ORGANIC CHICKEN NUGGETS

-ORGANIC CHICKEN SALAD WRAP BITES

-PB& J ON ORGANIC SPROUTED WHEAT

-ORGANIC EGG AND CHEESE WRAP

-SEARED TOFU WITH BROWN STICKY

RICE AND GF SOY SAUCE