

POWER BOWLS

"a simple way to describe bowls of robust greens, lean protein, potent seeds and grains and loads of fresh herbs and vegetables. Epic Power Bowls are your connection to foods with energy and balance" chef/owner James Bain

-MAKE A BOWL IN 3 EASY STEPS-

STEP 1) CHOOSE ONE BOWL

-ZEN BROWN RICE BOWL WITH EDAMAME, GREEN APPLE, CARROTS, SPINACH AND SCALLION GINGER SAUCE

-EDEN BROWN RICE BOWL WITH SPINACH, CUCUMBERS, CARROTS, FRESH BASIL, GREEN APPLE AND PEANUT SAUCE

-FAUX FRIED RICE (CAULIFLOWER) WITH BOK CHOY, SPINACH, GINGER VEGGIES AND GLUTEN FREE SOY SAUCE

-HAWAIIAN MIXED GREENS SALAD WITH EDAMAME, CUCUMBERS, CILANTRO, GINGER VEGGIES, TOMATO, SCALLION GINGER SAUCE

-BRUSSELS WITH HUSTLE WITH SPINACH, ARUGULA, BEETS, GOAT CHEESE, SHAVED BRUSSEL SPROUTS, CRANBERRIES, SUNFLOWER SEEDS AND WHITE BALSAMIC DRESSING

-TACO BOWL MIXED GREENS, CRISPY CORN TORTILLAS, PICO, BROWN RICE AND BLACK BEANS, GUACAMOLE, PICKLED ONIONS

STEP 2) choose a protein

-ORGANIC GRILLED CHICKEN \$10.99

-(GF) ORGANIC CRISPY CHICKEN \$10.99

-LEMON BAKED SALMON \$12.99

-SPICE SEARED SHRIMP \$11.99

-GRASS FED SPICED GROUND BEEF \$10.99

-PRESSED TOFU \$8.99

-EPIC CHICKEN SALAD \$8.99

STEP 3)> Choose a side

-SWEET POTATO CHIPS

-FRESH FRUIT

-SAUTÉED VEGGIES

-SHRED SALAD WITH GINGER



ORGANIC EGGS

Ancient Epic Proverb "sharing a meal with others might very well be the ingredient you are missing to reach your goals and have everlasting happiness"

-*THE SURFER TWO EGGS WITH BROWN RICE, BLACK BEANS, CORN TORTILLAS, PICO, JACK CHEESE AND SPICY HOUSE SAUCE

-*THE CLIMBER TWO EGGS WITH GUACAMOLE, SWEET POTATO HASH WITH RED PEPPERS AND CARAMELIZED ONIONS AND CORN TORTILLAS

CHOOSE A PROTEIN

-ORGANIC GRILLED CHICKEN \$10.99

-(GF) ORGANIC CRISPY CHICKEN \$10.99

-LEMON BAKED SALMON \$12.99

-SPICED SEARED SHRIMP \$11.99

-GRASS FED SPICED GROUND BEEF \$10.99

-PRESSED TOFU \$8.99

(GF) ORGANIC CRISPY CHICKEN

We honey brine chicken thighs and coat in a gluten free crust, then crispy fry in rice bran oil. Modern technique for a classic favorite which makes for EPIC health and happiness. JB

-THE (GF) CRISPY CHICKEN SANDWICH WITH A GLUTEN FREE BUN, EPIC RANCH AND HOUSE MADE PICKLES. \$6.99 ADD A SIDE \$8.99

OR SUBSTITUTE A SWEET POTATO ROLL (NOT GLUTEN FREE)

-ORGANIC CRISPY CHICKEN STRIPS WITH EPIC RANCH, TANGY SLAW AND STICKY BROWN RICE \$9.99

*LARGE BOXES OF (GF) CHICKEN STRIPS, NUGGETS AND SANDWICHES AVAILABLE UPON REQUEST

FAVORITES

"Proven winners by Energetic People In Community" J.B.

STEP 1) CHOOSE ONE FAVORITE

-PACIFICA WRAP WITH SMOKEY BLACK BEANS, PICO, BROWN RICE, CABBAGE, CHILI JAM, CILANTRO YOGURT

-THAI WRAP WITH CILANTRO, CUCUMBERS, CABBAGE, SAUTÉED VEGGIES AND PEANUT SAUCE

STEP 2) CHOOSE A PROTEIN

-ORGANIC CHICKEN \$10.99

-(GF) ORGANIC CRISPY CHICKEN \$10.99

-LEMON BAKED SALMON \$12.99

-SPICE SEARED SHRIMP \$11.99

-GRASS FED SPICED GROUND BEEF \$10.99

-PRESSED TOFU \$8.99

-EPIC CHICKEN SALAD \$8.99

STEP 3) CHOOSE A SIDE

-SWEET POTATO CHIPS

-FRESH FRUIT

-SAUTÉED VEGGIES

-SHRED SALAD WITH GINGER

*"BISON LOCO MOCO" BOWL

Bison burger topped with an organic fried egg on brown rice, house, sriracha & avo sauces, pico, cabbage & cukes and sweet potato chips \$14.99

Notice: items marked with an () are cooked to order. Consuming raw or undercooked meats, sea shellfish, or eggs may increase your risk of foodborne illness.