



EPIC CHICKEN AND GREENS

HIGHEST QUALITY ORGANIC ROASTED CHICKENS



1) CHOOSE YOUR CHICKEN: (GF)

½ CHICKEN MEAL \$15.99

¼ CHICKEN MEAL (CHOICE OF WHITE OR DARK MEAT) \$12.99

2) CHOOSE YOUR ROAST STYLE:

CLASSIC OR PERUVIAN RED

3) CHOOSE YOUR SALAD:

CAESAR-KALE SALAD with Parmesan, croutons and Caesar dressing

CRUNCHY CABBAGE SALAD (GF) with pickled cucumbers, tomatoes and ranch

SHRED VEGGIE SALAD (V, GF) with arugula, cranberries, sprouts, radish, ginger veggies and dressing

FRESH SPINACH SALAD (GF) with cranberries, sunflower seeds, cucumber, carrot, tomato, blue cheese and white balsamic dressing

4) CHOOSE YOUR SIDE: (GF)

ROASTED NEW POTATOES (V)

APPLE POTATO SALAD

BAKED SWEET POTATOES

CINNAMON BAKED APPLES (V)

5) CHOOSE A DIPPING SAUCE: (GF)

CHIMICHURRI (V)

HOT HONEY (DF)

FRESH DILL RANCH

SWEET CHILI BBQ (V)

SECRET SPECIAL SAUCE

- EPIC FAVORITES - IN A WRAP OR A BOWL, YOUR CHOICE!

1. CHOOSE YOUR STYLE (GF)

THAI - (V) Cabbage, spinach, ginger veggies, cucumbers, cilantro & peanut sauce \$9.99

PACIFICA – Smokey black beans, epic pico, brown rice, cabbage, chili jam & cilantro yogurt \$9.99

EDEN – (V) Spinach, rice, cucumbers, carrots, basil, ginger veggies & peanut sauce \$9.99

BRUSSELS WITH HUSTLE - Spinach, arugula, beets, goat cheese, shaved brussels sprouts, cranberries, sunflower seeds & our white balsamic dressing \$9.99

***LOCO MOCO** – Organic fried egg on brown rice with our spicy house sauce & sriracha, homemade guacamole, house pico, red cabbage floss & cucumbers \$11.99

2. ADD A PROTEIN (GF)

ORGANIC GRILLED CHICKEN +\$3

ORGANIC CRISPY CHICKEN +\$3

ORGANIC EPIC CHICKEN SALAD +\$2

SPICED SEARED SHRIMP +\$5

*SPICED GRASS-FED GROUND BEEF +\$4

PRESSED TOFU (V) +\$2

*ORGANIC EGGS +\$3

NO EXTRA PROTEIN +\$0

3. PICK A SIDE (GF)

SWEET POTATO CHIPS (V)

FRESH FRUIT SALAD (V)

SWEET POTATO CUBES (V)

SHREDDED GINGER VEGGIES (V)

NEW POTATO SALAD

- CREATE YOUR OWN -

CHOOSE YOUR BASE (V) (CALORIES/CARBS/FAT/PROTEIN)

Flour Tortilla Wrap \$9.99	325/53/9/8
Organic Spinach Bowl (GF) \$9.99	10/2/0/.5
Brown Rice Bowl (GF) \$9.99	161/30/1/8
Faux Rice Bowl (GF) \$9.99	41/2.5/3/1
Mixed Greens Bowl (GF) \$9.99	15/3/0/8

CHOOSE YOUR PROTEIN (GF)

Organic Grilled Chicken +\$3	106/1/2/21
Organic Crispy Chicken +\$3	249/12/13/21
Epic Chicken Salad +\$2	149/3/5/23
Pressed Tofu (V) +\$2	80/2/4/9
Spiced Seared Shrimp +\$5	83/0/3/1
*Spiced Grass-Fed Ground Beef +\$4	274/0/22/19
*Organic Eggs +\$3	182/2/14/12

CHOOSE UP TO 4 FRESH VEGGIES (GF, V)

(Add extra veggies for just \$0.50 each)

Carrot Strings	12/3/0/0
Alfalfa Sprouts	3/1.5/3/3
Cilantro	2/.5/1/0
Edamame	48/4.5/1.5/4
Epic Pico	12/3/0/0
Basil	2/.5/0/0
Tomato	8/2/0/0
Organic Spinach	2/.5/0/0
Red Cabbage Floss	12/3/0/0
Cucumber	4/1/0/0
Pickled Jalapenos	5/0/0/0
Ginger Veggies	41/7/1/1
Roasted Red Peppers	31/1/3/0
Caramelized Onions	17/2/1/0
Smokey Black Beans	61/11/.5/3
Sweet Potatoes	74/13/2/1

CHOOSE YOUR SAUCE (GF)

(Add extra sauces for just \$0.50 each)

White Balsamic Vinaigrette (V)	111/3/11/0
Chili Jam (V)	12/3/0/0
Spicy House	70/1/6/3
Epic Ranch	70/1/6/3
Soy (V)	12/1/0/2
Epic Ginger (V)	71/2/7/0
Peanut (V)	118/6/9.5/2
BBQ (V)	76/19/0/0
Buffalo (V)	0/0/0/0

PICK A SIDE (GF, V)

Sweet Potato Chips	192/21/12/0
Fresh Fruit Salad	100/24/0/1
Shredded Ginger Veggies	41/7/1/1
Sweet Potato Cubes	74/13/2/1

PREMIUM AD-ONS (GF)

* Organic Fried Egg \$1.75	91/1/7/6
Jack Cheese \$1.50	109/0/9/7
Goat Cheese \$1.50	65/1/5/4
Parmesan Cheese \$1.50	24/0/1.8/2
Avocado Crush (V) \$2.00	127/6/11/1
Guac (V) \$2.50	117/8/9/1

GF - Gluten-Free

- EGGS ALL DAY -

IN A WRAP OR A BOWL, YOUR CHOICE!

***SURFER**: Two Eggs, Brown Rice, Black Beans, Epic Pico, Jack Cheese and Spicy House Sauce **\$9.99**

***CLIMBER**: Two Eggs, House Guacamole, Sweet Potatoes, Caramelized Onions and Roasted Red Peppers **\$9.99**

PICK A SIDE (GF, V)

Sweet Potato Chips Fresh Fruit Salad
Shredded Ginger Veggies Sweet Potato Cubes

***EGG WRAP DEAL**: Two organic eggs, spinach & jack cheese in a wrap **\$4**

(Add a Small Coffee - \$1 Large Coffee - \$2)

- KIDS MENU -

ORGANIC CHICKEN (GF) with a side of Epic ranch

→ Grilled nuggets

→ Crispy strips

BURRITO with brown rice, black beans, jack cheese, and a choice of:

→ Organic grilled chicken

→ Pressed tofu

→ Grass-fed ground beef

TACOS (GF) with jack cheese and our yo-naisse sauce with your choice of:

→ Organic grilled chicken

→ Pressed tofu

→ Grass-fed ground beef

***ORGANIC EGG WRAP** with spinach and jack cheese in a tortilla wrap

COMES WITH FRUIT AND CHIPS

\$6.95

- BURGERS & SANDWICHES -

***GRASS-FED BURGER** (GF) Jack cheese, caramelized onions, cave man ketchup, mixed greens, tomato, epic pickles & one side **\$12.99**

BLACK BEAN VEGGIE BURGER (GF, V)

Served with vegan BBQ sauce, tangy slaw, alfalfa sprouts & one side **\$9.99**

CRISPY CHICKEN SANDWICH (GF) with epic ranch, house made pickles, a bun & one side **\$9.99**

CHOOSE YOUR BASE

Whole Grain Bun (V) Gluten-Free Bun (V)
Sweet Potato Bun Bed of Spinach (GF, V)

PICK A SIDE (GF, V)

Sweet Potato Chips Fresh Fruit Salad
Shredded Ginger Veggies Sweet Potato Cubes

V - Vegan