**SMOOTHIES**

**CHOCK** (GF, V) – banana, cacao nibs, vanilla extract, almond milk

**SOUND OF SUNSHINE** (GF, V) – mango, strawberry, orange, banana

**PURPLE PEOPLE EATER** (GF, V) – blueberries, purple kale, almond butter, banana

**TROPICAL STORM** (GF, V) – almond milk, mango, pineapple, avocado, lemon and lime zest

**ADD-IN’S** (+$1)  |  Ground Flax  |  Chia Seeds  |  Spirulina  |  Bee Pollen  |  Cacao Nibs

**ADD PROTEIN POWDER**  |  ($1.50 PER SCOOP)  |  Plant Based  |  OR Grass-Fed Whey

**INTRODUCING...**

**EPIC CHICKEN + GREENS**

SEE OUR SEPARATE MENU FOR ORGANIC ROASTED CHICKEN WITH CHEF MADE SAUCES, LOCAL SIDES AND FRESH SALADS!

ALSO AVAILABLE FOR TAKE OUT AND LOCAL DELIVERY!

EPICCHICKENANDGREENS.COM

**ARE YOU HOSTING A BIG EVENT SOON? TRYING TO FEED YOUR ENTIRE OFFICE?**

ASK ABOUT OUR LARGE PARTY TRAYS

WE DELIVER!

FULL MENU ONLINE!

EPICFOOD.CO/CATERING

EPICFOOD.CO  |  (910)-679-4216  |  1113 MILITARY CUTOFF RD. WILMINGTON, NC 28405

*Notice: items marked with an (*) may be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.
CREATE YOUR OWN

CHOOSE YOUR BASE (V) [CALORIES/CARBS/FAT/PROTEIN]
- Flour Tortilla Wrap $8.99 [325/53/9/8]
- Organic Spinach Bowl (GF) $8.99 [10/2/0/5]
- Brown Rice Bowl (GF) $8.99 [161/30/1/8]
- Faux Rice Bowl $9.99 [41/5/3/1]
- Mixed Greens Bowl (GF) $8.99 [15/3/0/8]

CHOOSE YOUR PROTEIN (GF)
- Organic Grilled Chicken +$2 [106/1/2/21]
- Organic Crispy Chicken +$2 [149/3/5/23]
- Epic Chicken Salad +$1 [80/2/4/9]
- Spiced Seared Shrimp +$4 [83/3/1/1]
- *Spiced Grass-Fed Ground Beef +$3 [274/0/22/19]
- *Organic Eggs +$2 [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/.5/0/0
- Edamame 48/4.5/1.5/4
- Epic Pico 41/7/1/1
- Basil 4/1/0/0
- Tomato 2/5/0/0
- Organic Spinach 2/5/0/0
- Red Cabbage Floss 12/3/0/0
- Cucumber 2/5/0/0
- Pickled Jalapenos 5/0/0/0
- Ginger Veggies 41/7/1/1
- Roasted Red Peppers 3/1/3/0
- 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 Pico 70/1/6/3
- Soy (V) 12/3/0/0
- 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 100/24/9/1
- Shredded Ginger Veggies 41/7/1/1
- Sweet Potato Cubes 74/13/2/1

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

$5.95

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)

BURGERS & SANDWICHES -

*GRASS-FED BURGER (GF) Jack cheese, caramelized onions, cave man ketchup, mixed greens, tomato, epic pickles & one side $11.99

BLACK BEAN VEGGIE BURGER (GF, V)
Served with vegan BBQ sauce, tangy slaw, alfalfa sprouts & one side $8.99

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

GF – Gluten-Free
V – Vegan