

Epic Food Co.

Take out menu

~ Walk in ~ Pick up ~ Local delivery ~ 910-679-4216

ORGANIC ROAST CHICKEN

Hot n Ready at 2 pm daily. Choose from 3 styles. Comes with smokey bone broth and your choice of chef's sauce.

1. CHOOSE YOUR CHICKEN: (GF)

¼ CHICKEN MEAL **\$13.99** (CHOICE OF WHITE OR DARK MEAT)

½ CHICKEN MEAL **\$17.99**

WHOLE CHICKEN MEAL **\$29.99**

1 ½ CHICKEN MEAL **\$41.99**

***Meal prices include one side, one salad, and one dipping sauce...A la carte prices will vary*

2. CHOOSE YOUR ROAST STYLE: (GF)

CLASSIC STYLE SURFIN' STYLE PERUVIAN RED STYLE

3. CHOOSE YOUR SALAD(S):

CAESAR-KALE SALAD with Parmesan, croutons and Caesar dressing

BRUSSELS WITH HUSTLE (GF) with beets, arugula, goat cheese, spinach, cranberries, sunflower seeds & white balsamic

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

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

4. CHOOSE YOUR SIDE(S): (GF)

ROASTED NEW POTATOES (V)

BAKED SWEET POTATOES

APPLE POTATO SALAD

**LIMITED SUPPLY SEASONAL SIDE ITEMS:*

STEAMED GREEN BEANS

ROASTED BRUSSEL SPROUTS

CRUNCHY CABBAGE SLAW

VEGAN MAC N CHEESE

5. CHOOSE YOUR DIPPING SAUCE(S): (GF)

HOT HONEY (DF)

FRESH DILL RANCH

SWEET CHILI BBQ (V)

CHIMICHURRI (V)

KALE PESTO

SECRET SPECIAL SAUCE

Casseroles

"A healthy, happier family"

CASSEROLES DE BAJA- CHICKEN, BEEF OR VEGAN

LASAGNA – GF ORGANIC CHICKEN, BEEF, VEGGIE OR SEAFOOD

ENCHILADA WITH TOMATO ALMOND SAUCE

BISON SWEET POTATO SHEPARD'S PIE

LOW CARB LOW COUNTRY SHRIMP & GREEN BEAN CASSEROLE WITH ALMOND CRUST

KETO BUTTERNUT SQUASH WITH CREAMY CHICKEN STEW

ASK ABOUT SEASONAL SPECIALS

Individual meals

"A healthy, happier you"

New And Improved **GF, V HIDDEN VEG MAC – N – CHEESE**

Italian Grand Ma Approved **GF CHICKEN PARM WITH RED SAUCE AND ELBOWS**

CHICKEN AND GINGER "Penicillin" WITH BONE BROTH AND EPIC KETO VEGGIE MIX

BISON MINCE WITH STIR FRIED *Epic Keto* VEGGIE MIX

LOW CARB LOW COUNTRY SHRIMP GREEN BEAN CASSEROLE WITH ALMOND CRUST

TOMATO BASIL COCONUT SOUP

VEGAN CHILI DEEPLY FLAVORED WITH COCOA AND ALMOND BUTTER- *It's Cozy*

ROASTED SWEET POTATO WITH MIGHTY MUSHROOM, RED PEPPER & TOMATO CURRY - *Veg Power!!!!*

"O-Mega" GF SALMON CAKE WITH GREEN BEANS, SPINACH AND CABBAGE WITH DILL

ASK ABOUT SEASONAL SPECIALS

Grab-n-Go

"Stay on the program while on the go"

New! **PROTEIN POWER EGG SALAD CUPS-**

-ASIAN STYLE WITH SPROUTS, PEAS AND EDAMAME, GINGER

-SUNSHINE STYLE WITH SUNDRIED TOMATO, GREENS, BASIL, CUCUMBER

New! **BALANCE BOXES- GREEN GODDESS TUNA SALAD AND MORE**

WRAPS- CHICKEN SALAD, HUMMUS, ORGANIC CHICKEN AND MORE

SALADS-BRUSSELS WITH HUSTLE, KALE CAESAR, EPIC SALAD AND MORE

DON'T FORGET THE SURF SALT® - OUR HOUSE MADE SEASONING TO ADD FLAVOR AND HEALTH TO EVERY MEAL.