



# - 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 **\$8.99**

**PACIFICA** – Smokey black beans, epic pico, brown rice, cabbage, chili jam & cilantro yogurt **\$8.99**

**EDEN** – (V) Spinach, rice, cucumbers, carrots, basil, ginger veggies & peanut sauce **\$8.99**

**BRUSSELS WITH HUSTLE** - Spinach, arugula, beets, goat cheese, shaved brussels sprouts, cranberries, sunflower seeds & our white balsamic dressing **\$8.99**

**\*LOCO MOCO** – Organic fried egg on brown rice with our spicy house sauce & sriracha, homemade guacamole, house pico, red cabbage floss & cucumbers **\$10.99**

## 2. ADD A PROTEIN (GF)

**WILD CAUGHT SALMON CAKE** +\$4

**ORGANIC GRILLED CHICKEN** +\$2

**ORGANIC CRISPY CHICKEN** +\$2

**ORGANIC EPIC CHICKEN SALAD** +\$1

**SPICED SEARED SHRIMP** +\$4

**\*SPICED GRASS-FED GROUND BEEF** +\$3

**PRESSED TOFU (V)** +\$1

**\*ORGANIC EGGS** +\$2

**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**

# - 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

**DAWN PATROL** – (GF) blueberries, oatmeal, coconut milk, cinnamon, honey, ginger zest

**GROMMET** – (GF) strawberry, banana, yogurt, choice of milk

**VITAMIN SEAWEED** (GF, V) – apple, spinach, coconut milk, lemon zest, avocado, spirulina

**COOKIE MONSTER** – (GF) almond milk, cold brew, banana, spinach, cinnamon, honey, peanut butter, cacao nibs

**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](http://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](http://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 <b>\$8.99</b>	325/53/9/8
Organic Spinach Bowl (GF) <b>\$8.99</b>	10/2/0/.5
Brown Rice Bowl (GF) <b>\$8.99</b>	161/30/1/8
Faux Rice Bowl (GF) <b>\$9.99</b>	41/2.5/3/1
Mixed Greens Bowl (GF) <b>\$8.99</b>	15/3/0/.8

### CHOOSE YOUR PROTEIN (GF)

Wild Caught Salmon Cake <b>+\$4</b>	243/2.3/1/28
Organic Grilled Chicken <b>+\$2</b>	106/1/2/21
Organic Crispy Chicken <b>+\$2</b>	249/12/13/21
Epic Chicken Salad <b>+\$1</b>	149/3/5/23
Pressed Tofu (V) <b>+\$1</b>	80/2/4/9
Spiced Seared Shrimp <b>+\$4</b>	83/0/3/1
*Spiced Grass-Fed Ground Beef <b>+\$3</b>	274/0/22/19
*Organic Eggs <b>+\$2</b>	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 <b>\$1.75</b>	91/1/7/6
Jack Cheese <b>\$1.50</b>	109/0/9/7
Goat Cheese <b>\$1.50</b>	65/1/5/4
Parmesan Cheese <b>\$1.50</b>	24/0/1.8/2
Avocado Crush (V) <b>\$2.00</b>	127/6/11/1
Guac (V) <b>\$2.50</b>	117/8/9/1

## - 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**

**\$5.95**

## - 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