

Epic Food Co.

**Build your own bowl or wrap is available upon request

Epic Favorites

Make it a bowl (GF) or wrap with one side

Thai (V) cabbage, spinach, ginger veggies, cucumbers, cilantro & peanut sauce \$9.49

Pacifica black beans, sticky brown rice, pico, cabbage, chili jam & cilantro yogurt \$9.49

Faux Stir-Fried Rice (V) carrots, edamame, cucumbers, sprouts & GF soy sauce \$9.49

Brussels with Hustle spinach, beets, goat cheese, arugula, shaved brussel sprouts, cranberries, sunflower seeds & white balsamic dressing \$9.49

***Loco Moco** organic fried egg, sticky brown rice, with spicy house sauce, sriracha, pico, guacamole, cabbage & cucumbers \$10.99

***Surfer** 2 organic eggs, smokey black beans, sticky brown rice, pico, jack cheese, spicy house sauce \$9.99

***Biker** 2 organic eggs, spinach, sweet potato, guacamole, alfalfa sprouts \$9.99

Add a Protein (GF)

Wild Caught Salmon Cake +\$4

Organic Crispy Chicken +\$2.25

Pan Seared Spiced Shrimp +\$4

*Organic Eggs +\$2

Organic Grilled Chicken Breast +\$2.25

*Spiced Grass-Fed Ground Beef +\$3

Pressed Tofu +\$2

Organic Chicken Salad +\$2

Burgers and Sandwiches

Served with your choice of base and one side

***Grass-Fed Beef Burger** -Jack cheese, spinach, arugula, tomato, & Epic pickles \$11.99

Black Bean Veggie Burger (V) -BBQ sauce, tangy slaw & alfalfa sprouts \$9.99

Organic Crispy Chicken Sandwich (GF) -Epic ranch, house pickles \$10.99

Bases and Buns

Whole Grain Bun (V)

Sweet Potato Bun

Gluten Free Bun (GF, V)

Bed of Spinach (GF, V)

Sides (GF, V)

Sweet Potato Chips

Sweet Potato Cubes

Ginger Veggies

Fruit

Kids' Menu - served with chips and fruit \$5.95

Grilled Chicken Nuggets with ranch

Crispy Chicken Strips with ranch

Organic egg, spinach and cheese wrap

Beef, Chicken, or Tofu Burrito with brown rice, black beans, and jack cheese

(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

