

# EPIC FOOD CO. CATERING MENU

A 24-hour notice is required. Delivery charge may apply. Please call or email for details. [epicfoodcocatering@gmail.com](mailto:epicfoodcocatering@gmail.com) or 910-679-4216

## WRAP TRAYS

**Wrap tray @ \$9.50 a wrap, includes a tray of house chips for FREE**

(All wraps are cut in half and nicely assorted on trays)

**Grilled Chicken Wrap** – flour tortilla wrap, chicken, spinach, cucumbers, sliced tomatoes and our house ranch

**Veggie Wrap** – flour tortilla wrap, spinach, ginger veggies, red pepper hummus, sprouts

**Chicken Salad Wrap** – flour tortilla wrap, chicken salad, spinach, cucumbers, sliced tomatoes and our house ranch

**Beef Wrap** – flour tortilla wrap, spiced grass-fed ground beef, epic pico, brown rice, black beans, cabbage, chili jam, cilantro-yogurt sauce

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**Slim Wrap** – chicken salad, carrot strings, red cabbage floss and spinach in a flour tortilla wrap, *sliced as mini sushi rolls*

## CRISPY CHICKEN STRIP TRAY

Homemade, gluten-free, organic crispy chicken strips served over a bed of mixed greens with an 8 oz. side of our house ranch included

(*Small* – (\$15) 12 strips, *Large* – (\$28) 24 strips)

## EPIC SALADS (GF)

**Epic Salad** - Bed of mixed greens with cucumbers, carrot strings, red cabbage floss, radishes, sunflower seeds & a choice of one 8oz sauce on the side (Vegan options available)

**Brussels with Hustle** – shaved brussel sprouts, spinach, goat cheese, arugula, dried cranberries, sunflower seeds and white balsamic dressing on the side

- Add cheese on the side for \$5 (Monetary jack, parmesan or goat cheese)

**SMALL** ((\$25) 12-18 side salad servings) or **LARGE** ((\$40) 25-35 side salad servings)

## SIDES (GF, V)

- Fresh, homemade sweet potato chips (Unsalted option available)  
(Available in **SMALL** \$20 (serves 12-16) and **LARGE** \$35 (serves 25-30))
- Fresh fruit salad (honeydew, pineapple and purple grapes)  
(Available in **SMALL** \$30 (serves 12-14) and **LARGE** \$40 (serves 20-25))

## DESSERTS

- Sugar Island Fruity Jam Bars (GF) **\$1.50/person**
- Epic Chocolate Chip Cookies **\$1/person**

## BEVERAGES

Add 2 gallons of tea for \$8. (sweet/unsweet)  
Gallon of Flavored Water - \$3