

# EPIC FIT MEALS

STEP 1 **PICK YOUR CHICKEN** >




STEP 2 **PICK YOUR SAUCE** >

STEP 3 **PICK TWO SIDES** >





















	COMBO 1	COMBO 2	COMBO 3
	2 std sides	1 std side + 1 epic side	2 epic sides
Regular chicken (140g)	16 <sup>80</sup> net	18 <sup>80</sup> net	19 <sup>80</sup> net
Mega x 2 chicken (280g)	23 <sup>60</sup> net	25 <sup>60</sup> net	26 <sup>60</sup> net

Add on:

Soda	+2.80 net
Vitamin water/Juice	+6.80 net
Ice Cream	+7.80 net

EPIC CHICKEN	EPIC SAUCE	SIDES	
A la carte: 13 <sup>80</sup> net	<b>COUNTRY GRAVY</b> ★ Savoury + Homey Classic [41 kcal]	<b>STANDARD</b> A la carte: 4 <sup>80</sup> net	<b>EPIC</b> A la carte: 6 <sup>80</sup> net
 316 kcal <b>EPIC GRILLED CHICKEN</b> ★	<b>EZIKI</b> ★ Appetizing + Delicious Greek Tzatziki [45 kcal]	<b>IRISH COLCANNON</b> [120 kcal] 🌿 ★	<b>EPIC'S CAULI-RICE</b> [104 kcal] 🌿 ★
 323 kcal <b>CLASSIC CHICKEN SCHNITZEL</b>	<b>OZ'S BARBIE-Q</b> ★ Flavourful + Complex Sweet BBQ [30 kcal]	<b>GARDEN SALAD</b> [74 kcal] 🌿	<b>AGLIO E OLIO</b> [298 kcal] 🌿
 323 kcal <b>FIRE CHICKEN SCHNITZEL</b> 🌶️	<b>BONZA PEPPA</b> Aromatic + Savoury Fresh Black Pepper [42 kcal]	<b>CILANTRO LIME RICE</b> [187 kcal] 🌿	<b>MASHED SWEET POTATOES</b> [133 kcal] 🌿 ★
	<b>APPLE SALSA</b> Crunchy + Refreshing Tex-Mex [13 kcal]	<b>BROWNIE OAT RICE</b> [100 kcal] 🌿	<b>FRUGERTII</b> [116 kcal] 🌿
	<b>CURRY GRANDE</b> 🌶️ Mildly Spicy + Savoury Japanese Curry [65 kcal]	<b>SPICED BAKED WEDGES</b> [249 kcal] 🌿 🌶️ ★	<b>CRUNCHY CHOOKIES</b> [240 kcal]
	<b>FIRE S.O.S.</b> 🌶️ Fragrant + Sweet & Fiery Sambal [89 kcal]	<b>RUNNY EGGS</b> [156 kcal]	<b>FIRE CHOOKIES</b> [240 kcal] 🌶️ ★
		<b>FARMER'S COLESLAW</b> [62 kcal] 🌿 ★	<b>MUM'S MUSHY SOUP</b> [205 kcal] 🌿
			<b>GREENS WITH GARLIC CONFIT</b> [124 kcal] 🌿

# BURGER / PIZZA / BURRITO

PICK A COMBO	CHUMMY BURGER	'FLYING' PIZZA	BIG BURRITO
	Combo: 19 <sup>80</sup> net SAVE 6.60	Combo: 27 <sup>80</sup> net SAVE 2.60	Combo: 19 <sup>80</sup> net SAVE 4.60
	A la carte: 15 <sup>80</sup> net	A la carte: 19 <sup>80</sup> net	A la carte: 13 <sup>80</sup> net
1 x  or  or 	 555 kcal <b>CHICKY CHUMMY</b> 🌶️ ★ Yummy + mildly spicy chicken burger with Epic's secret XXX sauce	 888 kcal <b>3A: APPLE, AYAM &amp; API</b> 🌶️ ★ Complex + Fiery Signature Pizza	 425 kcal <b>HERCULES</b> ★ Appetising + Delicious Greek Souvlaki Wrap
AND	 367 kcal <b>FISHY CHUMMY</b> Fresh + Flaky fish burger with Epic's own tartare sauce	 725 kcal <b>POLLO SUPREMO</b> ★ Homey + Savoury Supreme Chicken Pizza	 431 kcal <b>CHOOKIE BURRITO</b> Juicy + Tasty chicken with rice burrito
1 x any side	 362 kcal <b>BEEFY CHUMMY</b> 🍷 Tasty + Delightful pulled beef burger with garlic sour cream	 664 kcal <b>SAM'S HAWAIIAN LUAU</b> ★ Flavourful + Classic Chicken Pineapple Pizza	 298 kcal <b>MUSHIE &amp; ONIONS</b> 🌿 Sweet + Savoury Vegetarian Wrap
AND	 481 kcal <b>PEPPA CHUMMY</b> 🌶️ Fiery + Succulent grilled chicken burger with Epic's Fiery Peppa sauce	 579 kcal <b>SHRIMPY AFFAIR</b> Cheesy + Savoury Pizza with Shrimps	 534 kcal <b>GOOD OL' BREAKKIE</b> Wholesome + Homey chicken with egg burrito ★
1 x soda*	 481 kcal <b>PEPPA CHUMMY</b> 🌶️ Fiery + Succulent grilled chicken burger with Epic's Fiery Peppa sauce	 489 kcal <b>TRICOLOR MARGARITA</b> 🌿 Simple + Colourful Italian Flag Pizza	 371 kcal <b>BEEFY BUFFY</b> 🍷 ★ Balanced + Flavourful beef with rice burrito
* Upgrade to Vitamin Water/Juice for only RM3.00 net	Add cheese: +3 <sup>00</sup> net [114 kcal]	 620 kcal <b>OZ'S BEEF DELIGHT</b> Tasty + Delightful Pulled Beef Pizza 🍷	 492 kcal <b>ZESTY THAI</b> 🌶️ Spicy + Savoury Thai minced chicken burrito

## TERMS & CONDITIONS

- Minimum order of RM20 required for delivery service.
- Kindly call us an hour in advance for orders RM100 and above for a timely and tasty delivery.
- EPiC Fit Meals Co. is halal certified to the highest standard by the Department of Islamic Development of Malaysia (JAKIM).

- The nutritional information listed is based on standard recipes and product formulations. Variations may occur due to differences in supplies, ingredient substitutions, recipe revisions, product assembly at restaurant level, and/or season of the year.



Open every day 11am - 11pm  
(Last order: 10:30pm)



EPIC CLASSIC		EPIC SALAD	
<b>HURRY CURRY</b> Savoury + fragrant chicken curry with rice (cilantro lime/brownie oat) and coleslaw [468 kcal]	<b>14<sup>80</sup></b> nett	<b>ALMOND HONEY MUSTARD</b> Appetising + flavourful salad with orange, almond flakes in honey mustard dressing [178 kcal] 🌿★	<b>10<sup>80</sup></b> nett
<b>HERB &amp; LEMON FISH ★</b> Crispy + flaky Dory fillet with wedges and salad [484 kcal]	<b>17<sup>80</sup></b> nett	<b>EGGIE VEGGIE MEDLEY 🌿</b> Colourful + protein-packed salad with eggs in yogurt dressing [168 kcal]	<b>11<sup>80</sup></b> nett
<b>NASI LEMAK 'LITE'</b> Savoury + classic nasi lemak (cilantro lime/brownie oat) with chookies [536 kcal]	<b>9<sup>80</sup></b> nett	<b>THAI THAI 🌿</b> Refreshing + appetising special Thai salad in Som Tam dressing [178 kcal]	<b>8<sup>80</sup></b> nett
<b>HOMESTYLE BEEF STEW</b> Hearty + flavourful beef stew with rice (cilantro lime/brownie oat) and coleslaw [341 kcal] 🍴	<b>19<sup>80</sup></b> nett	Add protein: <b>+6<sup>80</sup></b> <b>EPIC GRILLED CHICKEN ★</b> [249 kcal] <b>CLASSIC CHICKEN SCHNITZEL</b> [381 kcal] <b>FIRE CHICKEN SCHNITZEL 🌶️</b> [403 kcal]	

## BEVERAGE & DESSERT

EPIC JUICE	VITAMIN WATER	SODA	A la carte: <b>4<sup>80</sup></b>
A la carte: <b>8<sup>80</sup></b> nett	A la carte: <b>7<sup>80</sup></b> nett	<b>COKE ZERO</b> [0 kcal]	
<b>APPLE HONEY SMOOTHIE</b> Nutritious + delicious apple smoothie [99 kcal]	<b>POWER-C</b> [90 kcal] <b>RESTORE</b> [90 kcal]	<b>SCHWEPES GINGER ALE</b> [120 kcal] <b>GELATOMIO</b> A la carte: <b>9<sup>80</sup></b> nett	
<b>COOLIE BEAUTY</b> Cool + appetising vege & fruit juice [37 kcal]	<b>ESSENTIAL</b> [90 kcal] <b>XXX - TRIPLE BERRIES</b> [90 kcal]	<b>MINT CHOCOLATE</b> [207 kcal] <b>DOUBLE CHOC</b> [176 kcal]	
<b>CLASSIC TRIFECTA</b> Nutritious + refreshing carrot, apple & pear juice [65 kcal]	<b>DASANI MINERAL WATER</b> [0 kcal] <b>3<sup>50</sup></b> nett	<b>PREMIUM VANILLA</b> [136 kcal]	

## 3 EASY WAYS TO ORDER:

**PHONE**  
 03 77333375 (Damansara)  
 03 56119988 (Sunway)  
 03 62117733 (Mont Kiara)

**ONLINE**  
[www.epics.com.my](http://www.epics.com.my)

**TAKE AWAY**

## 3 EPIC PROMISES:

To only use real ingredients and create real flavours

To work harder than others on the real ingredients, No shortcuts

To only cook to order, and deliver within 45 minutes to our customer

## OUR EPIC GUARANTEES!

- FREE DELIVERY:** Delivery is free with minimum order of RM20. No additional charges!
- PRODUCT SATISFACTION GUARANTEE:** We will replace or refund your payment if you are not satisfied with your order. T&C apply.
- 45-minutes DELIVERY GUARANTEE:** EPiC guarantees fresh, hot meals delivered to your doorstep in 45 minutes, or we'll give you a Free Pizza voucher, redeemable on your next delivery order.
- 15-Minutes TAKE-AWAY GUARANTEE:** EPiC guarantees you'll receive your Epic As Usual meals in just 15 minutes, or we'll give you a Free Chummy Burger voucher, redeemable on your next order.

**OUTLET LOCATIONS:**  
 Damansara Perdana  
 Bandar Sunway  
 Mont Kiara

Desa Park City  
 Kota Damansara\*  
 Tropicana\*  
 Bandar Sri Damansara\*  
 Bandar Sunway  
 Bandar Sunway (PJS 9)  
 Bandar Sunway (Jalan Tasik Selatan)  
 Subang Jaya (PJS 6)  
 Subang Jaya (PJS 7)  
 Sunway Damansara  
 Damansara Kim  
 Damansara Utama  
 Sungai Penchala

Subang Jaya (SS 12)  
 Subang Jaya (SS 13)  
 Subang Jaya (SS 14)  
 Subang Jaya (SS 15)  
 Subang Jaya (SS 16)  
 Subang Jaya (SS 17)  
 Subang Jaya (SS 18)  
 Mont Kiara  
 Dutamas  
 Sri Hartamas  
 Desa Sri Hartamas  
 Damansara Heights

\* Limited Delivery Coverage

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