



FREE delivery



45 mins delivery guarantee



Made from scratch



# EPIC FIT MEALS

- 1 Select your choice of chicken
- 2 Next, choose a made from scratch Epic sauce pairing for the meat
- 3 Lastly, choose your combination of Sides or Epic Sides for a complete Epic Fit Meals

	ALA CARTE	+ 1 SIDE	+ 2 SIDES
<b>CHICKEN</b>	14.80	19.90	24.80
<b>SIDE</b>	6.80		

## STEP 1 ► CHOOSE YOUR CHICKEN

### EPIC GRILLED CHICKEN

Epic's grilled chicken is marinated in Epic's secret herbs and spices then flame-grilled to order. The result: Juicy and incredibly flavourful chicken which goes extremely well with our made from scratch Epic sauces.

390 kcal Weight: 180g

### BFC aka BAKED FRIED CHICKEN

Our all-new BFC features fresh, whole chilled chicken breast coated in our secret blend of 11 herbs and spices, then oven-baked "fried" to scrumptious golden brown perfection. It is awesome, crunchy and deliciousness all-in-one minus the guilt. It is freshly baked "fried" to order in oven at every outlet and you don't get any residual oil or grease associated with Fried Chicken. There is also a spicy version for those who are more adventurous.

405 kcal Weight: 180g



## STEP 2 ► CHOOSE YOUR SAUCE

### COUNTRY GRAVY

A special, flavourful country brown gravy which is an excellent classic condiment for our chickens.

41 kcal

### BONZA PEPPA

This popular, savoury and aromatic sauce is made with rich, fresh chicken broth and freshly cracked black peppercorns.

45 kcal

### HOMESTYLE TARTARE

Our unique made-from-scratch tartare sauce is a blend of mighty tasty creaminess with a tang.

55 kcal

### OZZIE BARBIE-O

Our interpretation of the popular BBQ sauce is a medium thick tomato and balsamic vinegar based sauce with chopped onions and spices.

35 kcal

## STEP 3 ► CHOOSE YOUR SIDES

### FARMER'S COLESLAW

Fresh red and white cabbage, carrot and white onions in Epic's yogurt-based coleslaw dressing.

170 kcal

### CILANTRO BROWN RICE

Epic's delicious and lively stir-in cilantro and lime juice brown rice.

115 kcal

### RUNNY EGGS

Two (2) Solid egg white with soft and runny yolk.

140 kcal

### HONEY MUSTARD SALAD

Mix coral lettuce, cherries tomatoes and shredded red cabbage in a fresh lemon vinaigrette dressing.

105 kcal

### CRUNCHY CHOOKIES

100% real chicken meat breaded in our special blend of coatings and baked to oven

240 kcal

### SPICED BAKED WEDGES

Epic's secret blend of spiced oven-baked wedges.

220 kcal

### EPIC CAULIRICE

Our secret low calorie and Paleo alternative made from fresh cauliflower and our own secret blend of herbs and spices for your rice cravings.

104 kcal

### AGLIO E OLIO

Spaghetti lightly tossed in olive oil with dried red chilli flakes and sautéed pressed garlic.

298 kcal

### FRUGERTII

Mixed fruits with fresh yogurt dressing.

180 kcal

### NANNA'S CHICKEN SOUP

A hearty and warming soup. It has a smooth and earthy flavour.

260 kcal

### GREEN WITH GARLIC CONFIT

Stir fry fresh seasonal greens with garlic confit.

260 kcal

### SMASHED POTATOES

Homey + Hearty traditional mashed potatoes.

260 kcal

### ORDER NOW

www.epics.com.my

### LOOKING FOR LUNCHBOX CATERING?

Contact 017 938 0000

### HONEST, REAL FOOD

is our commitment to real flavours, fresh ingredients, innovative cooking techniques and fast delivery.

### OUR VISION

To empower our community to live well and eat better, one meal at a time.

# WE CREATE MELBOURNE FAVOURITES



## EPIC FIT MEALS "LITE" ★

The perfect choice for a quick and fuss-free meal. Well-balanced and satisfying meal all-in-one.



**EPIC SCHNITZEL WITH RICE** 🍗 9.80  
650 kcal

Classic BFC 100g + Ozzie Barbie-Q + Cilantro Brown Rice + Wild Rocket

**EPIC GRILLED CHICKEN WITH RICE** 🍗 9.80  
535 kcal

Epic Crilled Chicken 100g + Country Gravy + Cilantro Brown Rice + Wild Rocket

**EPIC SCHNITZEL WITH PASTA** 🍗 12.80  
550 kcal

Classic BFC 100g + Ozzie Barbie-Q + Aglio e Olio + Wild Rocket

**EPIC GRILLED CHICKEN WITH PASTA** 🍗 12.80  
630 kcal

Epic Grilled Chicken 100g + Country Gravy + Aglio e Olio + Wild Rocket

## 👤 EPIC SALAD

**AGUA MELO TANGO** 🍉 14.80  
475 kcal

We select and curate the freshest cuts of water melon & orange, crisp green & red lettuce, and arugula; then mixing it with crunchy cashew nuts and parmesan cheese, and finally, finishing it with our made-from-scratch and very appetising "Agua" lime vinaigrette dressing

**EGGIE VEGGIE MEDLEY** 🌱 14.80  
490 kcal

We select and curate the freshest, crisp iceberg lettuce, savoury sliced red onions, crunchy green & yellow bell pepper, and sweet cherry tomatoes; then mixing it with chopped boiled eggs, peanuts and parmesan cheese, and finally, finishing it with our made-from-scratch tartare

## 🥤 CANNED DRINKS

**GINGER ALE** 4.80

**COKE ZERO** 4.80

**ICED LEMON TEA** 4.80

**DASANI MINERAL WATER** 4.80

## 🍷 EPIC BEVERAGES

**FRESH LEMONADE** 5.80  
95 kcal

Lemon + Lime

**LOLITA SMOOTHIES** 13.80  
138 kcal

Blueberry + Strawberry + Honey + Yogurt

**CHOCOBO SMOOTHIES** 13.80  
192 kcal

Chocolate + Banana + Milk

★ Hot 🍗 Chicken 🐟 Fish 🍖 Beef 🌱 Vegetarian

Operation Hours: 11.00am – 11.00pm. Last call: 10.30pm. Minimum order for delivery service is with any purchase above RM20 exclusive of 6% SST. All prices displayed are subject to 6% SST. Limited delivery areas only. 1 hour notice for order exceeding RM100. Prices are subject to change without prior notice. 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 store level, and/or season of the year. Dine-in and take-away are available.

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

## 🍴 MELBOURNE FAVOURITES

**GOOD OL' BREAKKIE BURRITO** 🍗 14.50  
630 kcal

A heavenly combination of grilled chicken fillet, pico de gallo, scrambled eggs and rounded off with our Epic sour cream.

**MUSHIE & ONIONS BURRITO** 🌱 14.50  
490 kcal

A vegetarian burrito comprising sautéed mushrooms, caramelised onions, carrots, and cucumber with black pepper sauce.

**CHICKY CHUMMY BURGER** 🍗 14.50  
650 kcal

Yummy + Mildly Spicy chicken burger with EPIC's secret XXX sauce

**FISHY CHUMMY BURGER** 🐟 14.50  
535 kcal

Fresh + Flaky fish burger with EPIC's tartare sauce

**SAM'S HAWAIIAN LUAU PIZZA** 🍗 25.50  
750 kcal

A Luau (feast) of real mozzarella cheese and spiced lean chicken strips, onions and pineapple.

**TRICOLOR MARGARITA PIZZA** 🌱 23.50  
565 kcal

Epic's Italian flag pizza with red (tomatoes), white (mozzarella) and green (basil). It's a vegetarian delight.

**MR POLLOCK & MS WEDGES** 🐟 15.50  
610 kcal

Crispy + Savoury Classic baked 'fried' fish served with our tartar sauces and wedges

**NASI AYAM GEPREK** 🍗 14.50  
660 kcal

Hot + Spicy Ayam geprek served with rice, sambal, cucumber and kicap manis

## 👤 PREMIUM SIDES

**OZZIE WINGS (6PCS)** 🍗 15.90  
310 kcal

We use the freshest, chilled chicken wings marinated in our secret blend of herbs & spices, then "bake-frying" them to golden, crispy perfection before glazing it with our made from scratch "WingVana" sauce. It's savoury, sweet and slightly spicy!

**JESSIE'S LAVA CAKE** 9.80  
520 kcal

Prepared and baked fresh based on a secret recipe from the very talented Jessie, the Jessie's Lava Cake is fluffy on the outside, and mind-blowing gooey chocolatey on the inside, and it is without doubt, the ultimate indulgent treat to complete a satisfying meal anytime.

## 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 customers.