



# EPIC FIT MEALS

## CHICKY AGLIO OLIO 🐔

EPiC grilled chicken with our signature made-from-scratch country gravy sauce on top of spaghetti lightly tossed in olive oil with dried chili flakes and sautéed pressed garlic. **RM12.80**

## CHICKY RICE 🐔

EPiC grilled chicken with our signature made-from-scratch country gravy sauce on top of our stir-in cilantro and lime juice brown rice. **RM12.80**

## SCHNITZEL AGLIO OLIO 🐔

EPiC's fried chicken schnitzel with our made-from-scratch Ozzie Barbie-q sauce on top of spaghetti lightly tossed in olive oil with dried chili flakes and sautéed pressed garlic. **RM12.80**

## SCHNITZEL RICE 🐔

EPiC's fried chicken schnitzel with our made-from-scratch Ozzie Barbie-q sauce on top of our stir-in cilantro and lime juice brown rice. **RM12.80**

## CHICKY AGLIO OLIO WITH FAJITAS 🐔

EPiC grilled chicken with our signature made-from-scratch country gravy and fajitas on top of spaghetti lightly tossed in olive oil with dried chili flakes and sautéed pressed garlic. **RM15.80**

## CHICKY RICE WITH ROASTED VEGETABLES 🐔

EPiC grilled chicken with our signature made-from-scratch country gravy sauce and savoury roasted vegetables on top of our stir-in cilantro and lime juice brown rice. **RM15.80**

➤ Paleo-Friendly

## CHICKY SWEET POTATO WITH ROASTED VEGETABLES 🐔

EPiC grilled chicken with our signature made-from-scratch country gravy sauce and savoury roasted vegetables on top of our baked Japanese sweet potatoes. **RM15.80**

➤ Keto-Friendly

## CHICKY SWEET POTATO WITH CORN SALSA 🐔

EPiC grilled chicken with our signature made-from-scratch country gravy sauce and refreshing corn salsa on top of our baked Japanese sweet potatoes. **RM15.80**

➤ Keto-Friendly

## SCHNITZEL CAULIRICE WITH FAJITAS



EPiC's fried chicken schnitzel with our made-from-scratch Ozzie Barbie-q sauce and fajitas on top of our secret low calorie stir-fried fresh cauliflowers. **RM17.80**

➤ Keto-Friendly

## SCHNITZEL SWEET POTATO WITH ROASTED VEGETABLES



EPiC'S fried chicken schnitzel with our made-from-scratch Ozzie Barbie-q sauce and savoury roasted vegetables on top of our baked Japanese sweet potatoes. **RM17.80**

➤ Paleo-Friendly

## SALMON RICE WITH ROASTED VEGETABLES



Grilled salmon and savoury roasted vegetables on top of our stir-in cilantro and lime juice brown rice. **RM24.80**

➤ Keto-Friendly

## SALMON CAULIRICE WITH FAJITAS



Grilled salmon and fajitas on top of our secret low calorie stir-fried fresh cauliflowers. **RM24.80**

## SALMON SWEET POTATO WITH CORN SALSA



Grilled salmon and refreshing corn salsa on top of our baked Japanese sweet potatoes. **RM24.80**



## BEEFY RICE WITH ROASTED VEGETABLES



100% Australian beef strip steak with savoury roasted vegetables on top of our stir-in cilantro and lime juice brown rice. **RM24.80**

➤ Keto-Friendly

## BEEFY CAULIRICE WITH FAJITAS



100% Australian beef strip steak with fajitas on top of our secret low calorie stir-fried fresh cauliflowers. **RM24.80**

➤ Paleo-Friendly

## BEEFY SWEET POTATO WITH CORN SALSA



100% Australian beef strip steak with fajitas on top of our baked Japanese sweet potatoes. **RM24.80**



## SIDE DISHES

|                        |       |
|------------------------|-------|
| Roasted Sweet Potatoes | 3.80  |
| Corn Salsa             | 3.80  |
| Farmer's Coleslaw      | 3.80  |
| Popcorn Chicken        | 6.80  |
| Nanna's Soup           | 6.80  |
| Epic Cauli-Rice        | 6.80  |
| Aglio Olio             | 6.80  |
| Chicken Wings 4pcs     | 12.80 |
| Jessie's Lava Cake     | 9.80  |

## BEVERAGES

|                      |      |
|----------------------|------|
| Fresh Lemonade       | 5.80 |
| Coke Classic         | 4.80 |
| Coke Zero            | 4.80 |
| Sprite               | 4.80 |
| Ginger Ale           | 4.80 |
| Iced Lemon Tea       | 4.80 |
| Dasani Mineral Water | 4.80 |

## HONEST, REAL FOOD

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

We believe the secret to good food lies in selecting and using only fresh, whole ingredients. We also believe honest people who care and are passionate about what they do makes all the difference and better food.



## OUR PHILOSOPHY

Our philosophy on healthy eating is that one must love the food they eat for them to consume on a consistent basis, and along the way form a good habit for it to be sustainable. And for it to become a habit, it's got to be tasty, convenient and most importantly, affordable.

Next, we draw inspirations for our food and experiences from Melbourne. Melbourne is the world's most liveable city for the past six years consecutively. Some even called it the world culinary capital. We are inspired to share the same multicultural range and quality cuisines, simple yet beautiful everyday meals that is prepared with lots of care and attention using only the best and most fabulous ingredients. Creating a great meal is actually pretty simple; it's all about the real ingredients and hard work. The ingredients must be good and fresh, and so we source our supplies daily from reputable suppliers. We carefully select and wash them, and then chop, slice and dice throughout the day. Everything is made-from-scratch in-house from the sauces to the chicken stock. We also ensure that everything is cooked fresh to order.

And to ensure greater convenience, we focused on delivering our meal on-demand within 45 minutes to all our customers. This, we believe will enable our customers do what they want and eat when they like, thereby living well and eating better... truly living an EPiC Life.