

DELIVERY MENU

PLATE - \$15 ***most popular way to order*

Your choice of 1 protein, 2 sides

All plates are served with brown rice & red quinoa base.

Choose protein and sides below 

PROTEIN CHOICES

a la carte - small \$7.00 / large \$9.00

Sweet Hawaiian Chicken - gluten free - shredded dark meat, fresh cut basil and topped with sweet chili sauce.

Naked Chicken - gluten free - shredded breast, fresh cut cilantro and topped with BBQ sauce.

Chipotle Pulled Pork - gluten free - spicy - marinated & cooked in our house-made chipotle sauce and fresh cut cilantro.

Root Beer Beef - gluten free - marinated & cooked in a root beer and BBQ sauce blend and fresh cut cilantro.

Thai ToFu - vegan - non gmo, dehydrated, marinated & grilled in sesame ginger dressing, topped with black sesame seeds.

SIDE CHOICES

a la carte - side \$6.00 / entree \$12.00

Veggie Crack - vegan - broccoli, green beans, asparagus, sesame seeds, almonds, sweet soy and sesame oil.

Sundried Tomato Penne - vegetarian - penne, sundried tomatoes, pesto mayo, fresh cut basil.

Tomato Basil - vegetarian - diced tomatoes and mozzarella with fresh cut basil and balsamic vinaigrette.

Mac & Chee - vegan - elbow pasta and our house-made vegan cheese and topped with Fritos.

TACOS - \$4 each

Sweet Hawaiian Chicken - crispy onions, fresh cut basil and house-made honey basil sauce.

Naked Chicken - crunchy slaw, fresh cut cilantro, bacon bits and BBQ sauce.

Chipotle Pulled Pork - crunchy slaw, pickles, fresh cut cilantro and chipotle ranch.

Root Beer Beef - crispy onions, pickles, fresh cut cilantro, chipotle ranch and BBQ sauce.

Thai ToFu - vegan - crunchy slaw, crispy onions, black sesame seeds and sesame ginger sauce.

FEEDING YOUR TEAM?

**VIEW OUR FAMILY STYLE MENU,
ORDER AND PAY ONLINE
@MARINATEYOURLIFE.COM**

SLOPPY SLIDERS - \$11

3 sliders served doggystyle on Hawaiian sweet rolls

Sweet Hawaiian Chicken - crispy onions, fresh cut basil, house-made honey basil sauce.

Naked Chicken - crunchy slaw, fresh cut cilantro, bacon bits, BBQ sauce.

Chipotle Pulled Pork - crunchy slaw, pickles, fresh cut cilantro, chipotle ranch.

Root Beer Beef - crispy onions, pickles, fresh cut cilantro, chipotle ranch, BBQ sauce.

Thai ToFu - vegan - crunchy slaw, crispy onions, black sesame seeds, sesame ginger sauce.

STUFFED WRAPS - \$14

The Kitchen Sink - Choice of protein, Sundried Tomato Penne, crispy onions, rice mix, drizzle of tomato bisque soup on a whole wheat tortilla.

Hot Mess - Flamin' Hot Cheetos, choice of protein, Veggie Crack, rice mix, pickles and chipotle ranch on a whole wheat tortilla.

Veggie Sink - vegan - Thai Tofu, Kale Crunch, Veggie Crack, crispy onions, rice mix, sweet soy and orange mandarin dressing on a whole wheat tortilla.

Kale Crunch - vegan - by request - Thai Tofu or Naked Chicken, crunchy slaw, crispy onions, almonds, dried cranberries and orange mandarin dressing on a whole wheat tortilla.

Pesto Chicken - Shredded Pesto Chicken, feta, walnuts, chopped kale and house-made pesto dressing on a whole wheat tortilla.

SLOPPY SLIDER WRAPS - \$15

all wraps are stuffed with 3 sloppy sliders in the middle!

Sweet Hawaiian Chicken - Fritos, crispy onions, fresh cut basil and house-made honey basil sauce on a whole wheat tortilla.

Naked Chicken - Cool Ranch Doritos, crunchy slaw, crispy onions, fresh cut cilantro and BBQ sauce on a whole wheat tortilla.

Chipotle Pulled Pork - Cool Ranch Doritos, crunchy slaw, pickles, fresh cut cilantro and chipotle ranch on a whole wheat tortilla.

Root Beer Beef - Cool Ranch Doritos, crispy onions, pickles, fresh cut cilantro, chipotle ranch and BBQ sauce on a whole wheat tortilla.

Thai ToFu - vegan - Fritos, crunchy slaw, crispy onions and sesame ginger sauce on a whole wheat tortilla.

Craving an easier way to order?

Order online @marinateyourlife.com

SUPERFOOD BOWLS (\$15)

All bowls are served with chopped kale and brown rice & red quinoa.

Sweet Hawaiian Chicken - crispy onions, fresh cut basil and house-made honey basil sauce.

Naked Chicken - crispy onions, crunchy slaw, fresh cut cilantro, bacon bits and BBQ sauce.

Chipotle Pulled Pork - crunchy slaw, pickles, fresh cut cilantro and chipotle ranch.

Root Beer Beef - crispy onions, pickles, fresh cut cilantro, chipotle ranch and BBQ sauce.

Thai Tofu - vegan - crunchy slaw, crispy onions and black sesame seeds sesame ginger sauce.

SALADS - \$13

Pesto Chicken Salad - chicken breast marinated in our house-made pesto dressing, feta, walnuts and chopped kale. Served with our house-made pesto dressing.

Kale Crunch Salad - vegan - crunchy slaw, crispy onions, dried cranberries, shaved almonds and chopped kale. Served with mandarin dressing.

DESSERTS - cookies baked fresh daily!

Red Velvet - \$2.00

White Chocolate Macadamia - \$2.00

Sugar Cookie - \$2.00

Reese's Peanut Butter Cup - \$4.00

Triple Chocolate Chunk - \$4.00

BEVERAGES - \$2.50

Cola

Orange

Lemon Lime Twist

Grape

Tiki Punch

FAMILY MEAL COMBOS

PLATES - served family style for up to 5 people

Regular Dinner/\$50

1 Protein choice, 1 side choice, brown rice & red quinoa, 5 small cookies, 5 beverages

Hungry Fam Dinner/\$65

2 Protein choices, 1 side choice, brown rice & red quinoa, 5 large cookies, 5 beverages

SLOPPY SLIDERS-served doggystyle on Hawaiian Kings rolls

Regular Sloppy Dinner/\$65

1 Protein choice (5 sliders served doggystyle), 1 side choice, 5 small cookies, 5 beverages

Sloppy Fam Dinner/\$85

2 Protein choices (8 sliders served doggystyle), 1 side choice, 5 large cookies, 5 beverages

TACO COMBO-serves up to 5 people

Regular Dinner/\$65

1 Protein choice (15 tacos), 1 side choice, 5 small cookies, 5 beverages

Muy Bien Dinner/\$85

2 Protein choices (25 tacos), 1 side choice, 5 large cookies, 5 beverages

***Unfortunately we are unable to accept substitutions for combos*

****Cookies rotate based on availability*

ORDER ONLINE
MARINATEYOURLIFE.COM

MARINATE

pressure cooked meat