

## DELIVERY MENU

**PLATE - \$13.50** *\*\*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 \$6.00 / large \$8.00**

**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 \$5.50 / entree \$10.50**

**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.

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

**Tomato Basil** - cherry tomatoes, mozzarella, fresh cut basil, balsamic glaze on a bed of chopped kale.

**Seasoned Curly Fries (\$4)** - deep fried and seasoned goodness. Add a side of chipotle ranch or cheee sauce (vegan) for an extra \$1 *\*available as a side only!*

## TACOS - \$3.75 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.

**MARINATE**  
1842 W Washington Blvd.  
Los Angeles, CA 90007

**ORDER AND PAY ONLINE**  
[WWW.MARINATEYOURLIFE.COM](http://WWW.MARINATEYOURLIFE.COM)  
(323) 325-3237

## SLOPPY SLIDERS - \$9.50

**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 - \$12.50

**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 - \$13.50

**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, bacon bits 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** - vegetarian - Fritos, crunchy slaw, crispy onions and sesame ginger sauce on a whole wheat tortilla.

Craving an easier way to order?

Order online @[marinateyourlife.com](http://marinateyourlife.com)

### **SUPERFOOD BOWLS - \$13.25**

**Add a fried egg for \$2**

**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 - \$11.50**

**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** - \$1.75

**White Chocolate Macadamia** - \$1.75

**Sugar Cookie** - \$1.75

**Reese's Peanut Butter Cup** - \$3.75

**Triple Chocolate Chunk** - \$3.75

### **BEVERAGES - \$2.25**

**Cola**

**Orange**

**Lemon Lime Twist**

**Grape**

**Tiki Punch**

### **FAMILY MEAL COMBOS**

**PLATES - served family style for up to 5 people**

#### **Regular Dinner/\$45**

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

#### **Hungry Fam Dinner/\$55**

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

**SLOPPY SLIDERS-served doggystyle on Hawaiian King rolls**

#### **Regular Sloppy Dinner/\$60**

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

#### **Sloppy Fam Dinner/\$75**

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

**TACO COMBO-serves up to 5 people**

#### **Regular Taco Dinner/\$60**

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

#### **Taco Gordo Dinner/\$75**

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*

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# pressure cooked meat