

Marinate
Shredded meat with a twist
5009 Melrose Ave. Los Angeles, CA 90038

For catering inquiries email us at: orders@marinateyourlife.com

V = Vegan VEG = Vegetarian GF = Gluten Free

BOWLS -

Most popular way to order

Medium - \$7.00 - Your choice of 1 protein served over a brown rice & red quinoa mix, plus your choice of 1 side.

Large - \$9.00 - Your choice of 1 protein served over a brown rice & red quinoa mix, plus your choice of 2 sides.

PROTEINS -

Can be served a la carte for \$5.00

Sweet Hawaiian Chicken - GF - Shredded dark meat chicken topped with sweet chili and fresh basil.

Naked Chicken - GF - Shredded chicken breast topped with barbecue sauce and fresh cilantro.

Chipotle Pulled Pork - GF - SPICY - Pork marinated and cooked in chipotle sauce and then topped with fresh cilantro and more chipotle.

Root Beer Beef - GF - Beef marinated and cooked in a root beer and barbecue blend and then topped with barbecue sauce and fresh cilantro.

Thai Tofu - Vegan - Tofu dehydrated, marinated and grilled in a sesame ginger sauce and then topped with sesame ginger dressing, crunchy slaw and black sesame seeds.

SIDES -

Can be served a la carte -

Small \$4.00 / Medium \$5.50 / Large \$7.50

Veggie Crack - V - Broccoli, green beans, asparagus, sesame seeds, almonds, sweet soy, sesame oil

Sundried Tomato Penne - Chicken breast, penne, sundried tomato, pesto mayo, fresh basil

Pesto Chicken Salad - GF - Mixed leaf lettuce, chicken breast, feta cheese, walnuts, pesto dressing

Hippie Ginger Salad - V - Mixed leaf lettuce, cucumber, bell pepper, red onion, carrot, fresh mint, fresh cilantro, sesame ginger dressing

SLIDERS -

Served on a sweet roll -

1 for \$2.50 / 3 for \$7.00 / 12 for \$27.00

(can mix and match proteins)

Sweet Hawaiian Chicken - Fried onions, fresh basil, honey basil pesto dressing

Naked Chicken - Crunchy slaw, fresh cilantro, barbecue sauce

Chipotle Pulled Pork - SPICY - Pickles, crunchy slaw, fresh cilantro, chipotle ranch

Root Beer Beef - Pickles, fried onions, fresh cilantro, barbecue sauce, chipotle ranch

Thai Tofu - VEG - Fried onions, crunchy slaw, black sesame seeds and sesame ginger dressing

WRAPS -

Served in a whole wheat tortilla

Kitchen Sink - \$10.00 - Your choice of protein, Sundried Tomato Penne, brown rice & red quinoa mix, fried onions and a drizzle of Cream of Tomato soup

Hot Mess - \$10.00 - SPICY - Sweet Hawaiian Chicken, Hot Cheetos, Veggie Crack, brown rice & red quinoa mix, pickles, ranch and chipotle ranch dressing

Veggie Sink - \$10.00 - V - Thai Tofu, Hippie Ginger Salad, Veggie Crack, brown rice & red quinoa mixture, fried onions, sweet soy, sesame ginger dressing

Slider Wrap - \$10.00 - Your Choice of 3 sliders with all their toppings and either Flamin' Hot Fritos or Cool Ranch Doritos inside the wrap.

Pesto Chicken - \$9.00 - Pesto Chicken Salad, pesto dressing

Hippie Ginger - \$9.00 - V - Thai Tofu, Hippie Ginger Salad, crunchy slaw, sesame ginger dressing

TACOS -

Served on a corn tortilla -

1 for \$2.50 / 3 for \$7.00 / 12 for \$27.00 (can mix and match proteins)

Sweet Hawaiian Chicken - Fried onions, fresh basil, honey basil pesto dressing

Naked Chicken - GF - Crunchy slaw, fresh cilantro, barbecue sauce

Chipotle Pulled Pork - SPICY - GF - Pickles, crunchy slaw, fresh cilantro, chipotle ranch

Root Beer Beef - Pickles, fried onion, fresh cilantro, barbecue sauce, chipotle ranch

Thai Tofu - VEG - Fried onions, crunchy slaw, black sesame seeds and sesame ginger dressing

DESSERTS

Small Cookie - \$1.25

Large Cookie - \$2.50