BBQ4LIFE

930 S VISTA AVE. BOISE, ID 83705
PH: 208.639.0568 | BBQ4LIFE.NET

APPETIZERS

CHAMPION FRIES
OUR CRISPY FRIES TOPPED WITH OUR SIGNATURE MAC AND CHEESE, BBQ SAUCE AND PULLED PORK 12.50 ADD JALAPENO .50 ADD BACON 1.50

PULLED PORK NACHOS
OUR HOUSE MADE CHIPS TOPPED WITH PORK, NACHO CHEESE, TOMATOES, GREEN ONIONS, JALAPENOS, BLACK OLIVES, SHREDDED CHEESE AND BBQ SAUCE. 17 SUB TRI TIP 2

VEGAN NACHOS
FRESH TORTILLA CHIPS WITH OUR HOUSE MADE VEGAN CHEESE, TOMATOES, GREEN ONIONS,BLACK OLIVES, JALAPEÑOS AND BBQ SAUCE. (CONTAINS NUTS) 16 ADD VEGAN CHILI 3.50 / ADD TEMPEH 4.00

BASKET OF FRIES
CRISPY AND FRIED TO PERFECTION 6

SALADS
DRESSINGS - RANCH, BBQ RANCH, BALSAMIC VINAIGRETTE, BLUE CHEESE, ITALIAN, OR SPICY CASHEW DRESSING ADD 1.00

PULLED PORK SALAD
HOUSE SMOKED PULLED PORK, MIXED GREENS, GREEN ONIONS, TOMATOES, SHREDDED CHEESE AND CROUTONS 12

TEMPEH SALAD
MIXED GREENS, TOMATOES, GREEN ONION, FUJI APPLES, BLACK SESAME SEEDS AND SMOKED TEMPEH, TOPPED WITH BBQ SAUCE 12

TRI TIP SALAD
HOUSE SMOKED TRI TIP, MIXED GREENS, GREEN ONIONS, TOMATOES, SHREDDED CHEESE AND CROUTONS, TOPPED WITH BBQ RANCH DRESSING 15.50

SIDE SALAD
MIXED GREENS, SHREDDED CHEESE, GREEN ONIONS, TOMATOES, AND CROUTONS 5.50

SANDWICHES
ALL SANDWICHES ARE SERVED WITH YOUR CHOICE OF FRIES, MAC & CHEESE, SPICY CASHEW COLESLAW, VEGAN POTATO SALAD. SUB GLUTEN FREE BREAD 2.50.

CHEESEBURGER
100% HOUSE GROUND BEEF PATTIES SERVED ON TOASTED BUN WITH BBQ SAUCE, AMERICAN CHEESE, GRILLED ONIONS, LETTUCE TOMATOES AND PICKLES 15.50 ADD BACON 1.50

PASTRAMI SANDWICH
HOUSE CURED AND SMOKED PASTRAMI, SLICED THIN AND SERVED HOT WITH DIJON MUSTARD, GRILLED ONIONS, AND SWISS CHEESE ON A TOASTED ROLL 15.50

PULLED PORK SANDWICH
HOUSE SMOKED PULLED PORK SERVED ON A TOASTED ROLL WITH BBQ SAUCE 13.50

PULLED PORK CHEESEBURGER
100% HOUSE GROUND, TRI TIP PATTY TOPPED WITH PULLED PORK SERVED ON A TOASTED ROLL WITH AMERICAN CHEESE, GRILLED ONION AND BBQ SAUCE 16.50

PEPPERJACK BRATWURST
100% HOUSE GROUND, STUFFED AND SMOKED SAUSAGE MADE WITH PORK, BEEF, AND PEPPERJACK CHEESE, WITH GRILLED ONION AND DIJON SERVED ON A TOASTED ROLL 15.50

TRI TIP SANDWICH
HOUSE SEASONED SMOKED AND SLICED TRI TIP WITH BBQ SAUCE ON A TOASTED ROLL 18.50 UPGRADE TO PHILLY STYLE FOR 1.50

BIGFOOT ROLL
HOUSE SMOKED PORK WITH MAC & CHEESE SERVED ON A TOASTED ROLL WITH BBQ SAUCE 15.50

BROODWICH
THE NEXT LEVEL BIGFOOT SANDWICH! PULLED PORK, MAC & CHEESE, AND BBQ SAUCE ON FRENCH TOAST TOPPED IWTH MAPLE SYRUP & POWDERED SUGAR 16.50

1/2 PORK & 1/2 TRI TIP SANDWICH
THE BEST OF BOTH WORLDS ON ONE ROLL, OUR HOUSE SMOKED TRI TIP ON ONE SIDE AND SAVORY PULLED PORK ON THE OTHER SERVED WITH BBQ SAUCE ON A TOASTED BUN 17.50

BEVERAGES
SODA FLAVORS COKE, DIET COKE, COKE ZERO, DR. PEPPER, SPRITE, 3
ICED TEA. SWEET TEA, HOT TEA, COFFEE, HOT APPLE CIDER, HOT CHOCOLATE, APPLE JUICE, ORANGE JUICE 3
HUCKLEBERRY LEMONADE, STRAWBERRY LEMONADE 3.50

**WE OFFER A VARIETY OF GLUTEN FREE OPTIONS, HOWEVER WE ARE NOT A GLUTEN-FREE RESTAURANT AND CANNOT ENSURE THAT CROSS CONTAMINATION WILL NEVER OCCUR. WE TRY TO MINIMIZE THE GLUTEN CONTACT, BUT THERE IS A GREAT DEAL OF GLUTEN IN THE AIR AND ON OUR WORK SURFACES 18% GRATUITY FOR GROUPS OF 8 OR MORE *CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

VEGAN SANDWICHES

ALL SANDWICHES ARE SERVED WITH YOUR CHOICE OF FRIES, MAC & CHEESE (VEGETARIAN), SPICY CASHEW COLESLAW, VEGAN POTATO SALAD. SUB GLUTEN FREE BREAD 2.50 *CONTAINS EGG WHITES

SMOKED TEMPEH SANDWICH
TEMPEH PATTY SEASONED, SMOKED AND SLICED TO ORDER WITH SPICY COLESLAW, AND BBQ SAUCE ON TOP, SERVED ON A TOASTED ROLL (CONTAINS NUTS IN SPICY SLAW) 14.50

GREENS AND BEANS BURGER
MADE WITH AN ASSORMENT OF FRESH VEGGIES AND BEANS THIS PATTY IS FRIED AND SERVED WITH VEGAN MAYO, LETTUCE, TOMATOES, PICKLES AND ONIONS ON A TOASTED BUN 14.50

VEGALOAF SANDWICH
OUR HOUSE SMOKED TEMPEH SLICED TOPPED WITH VEGAN POTATO SALAD AND BBQ SAUCE ON THICK SLICED TEXAS TOAST 15

VEGAN-FOOT SANDWICH
HOUSE SEASONED SMOKED TEMPEH SLICED TOPPED WITH VEGAN MAC AND CHEESE AND BBQ SAUCE ON THICK SLICED TEXAS TOAST 15.50

MUSHROOM MOZZARELLA BURGER
OUR HOUSE MADE GREENS AND BEANS PATTY TOPPED WITH SAUTEED MUSHROOMS AND ONIONS, VEGAN MOZZARELLA CHEESE, LETTUCE, TOMATO AND PICKLES WITH VEGAN MAYO ON A TOASTED BUN 15.50

SIDES

FRIES 5
MAC AND CHEESE 5 *
SPICY CASHEW COLESLAW 5
VEGAN RED POTATO SALAD 5
VEGAN / GF MAC AND CHEESE 6
VEGAN BLACK BEAN CHILI CUP 5.50
VEGAN BLACK BEAN CHILI BOWL 6.50
SIDE SALAD 5.50

ASK ABOUT OUR COCKTAIL MENU!

PROTEINS

CHOICE OF SIDES: FRIES, MAC & CHEESE, SPICY CASHEW COLESLAW, RED POTATO SALAD.

2 MEAT PLATE CHOICE OF ONE SIDE 20
CHOOSE 2 OF THE FOLLOWING MEATS
1/4 LB PULLED PORK
1 BRATWURST
1/4 LB PASTRAMI
1/4 LB TRI TIP
3 RIBS

HALF RACK PLATE 20
HALF RACK OF HOUSE SMOKED RIBS WITH CHOICE OF ONE SIDE

FULL RACK PLATE 40
FULL RACK OF HOUSE SMOKED RIBS WITH CHOICE OF TWO SIDES

INDIVIDUAL A LA CART
1/4 LB PULLED PORK 6.50
1 BRATWURST 7.50
1/4 LB PASTRAMI 7.50
1/4 LB TRI TIP 8.50
TEMPEH 6.50

DESSERTS

TRADITIONAL BREAD PUDDING 6.50
ADD SCOOP OF ICE CREAM 2 OR VEGAN ICE CREAM 2.50

SEASONAL VEGAN BREAD PUDDING 7.00
ADD SCOOP OF ICE CREAM 2 OR VEGAN ICE CREAM 2.50

GLUTEN FREE DESSERT OPTION 7.00

VEGAN CHOCOLATE CAKE
CHOCOLATEY, MOIST AND DELICIOUS CAKE TOPPED WITH A DRIZZLE OF CHOCOLATE SYRUP AND DARK CHOCOLATE SPRINKLES. 7.00
ADD SCOOP OF ICE CREAM 3.75 OR VEGAN ICE CREAM 4.00

SINGLE SCOOP ICE CREAM 4

SINGLE SCOOP VEGAN ICE CREAM 4.50

16 OZ. MILKSHAKE
MADE FRESH TO ORDER WITH VANILLA. ADD CHOCOLATE OR CARAMEL FOR FUN AT NO CHARGE. 7.50 ADD BUTTERFINGER, REESE'S PEANUT BUTTER CUP OR OREOS FOR .50

16 OZ. VEGAN MILKSHAKE
MADE FRESH TO ORDER USING GLUTEN FREE VANILLA. ADD CHOCOLATE FOR FUN AT NO CHARGE. 8.00 ADD OREO FOR .50, ADD VEGAN CARAMEL FOR .50

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