



Appetizers

Add Pulled Pork for \$3 or Tri-Tip for \$4
Add Pork Chili \$2

- Full Nachos \$9.00
- Half Nachos \$7.00
- Quesadilla \$7.00
- Vegan Nachos \$7.50

Soup

Cup \$2.50 Bowl \$4.50

- Pulled Pork Pita \$7.00

- BBQ Tacos (3)

Pork \$7.00

Tri-Tip \$9.00

Tempeh \$7.50

Butternut Squash \$7.00

Spicy Squash \$7.00

Salads

- House Salad \$4.50
- Tempeh Salad \$7.50
(with spicy cashew dressing)
- Tri-Tip Salad \$9.50
contains nuts
- Butternut Salad \$6.50
contains nuts

Sandwiches

Your choice of one featured side.

Gluten Free Bread \$2.00 More

- Pulled Pork Sandwich \$9.00

- Sausage Sandwich \$9.00

- Tri-Tip Sandwich \$11.00
(PHILLY style for \$1.50 more)

- 1/2 Pulled Pork and 1/2 Tri-Tip
Sandwich \$10.00

- Big Foot Sandwich \$10.00
(Pulled Pork, Mac 'N Cheese and BBQ sauce
grilled on thick cut Hawaiian Bread)

- Broodwich \$10.00
(The Big Foot Sandwich, Monte Cristo style)

- McDaddy Sandwich \$11.50
(Baby Back Ribs, de-boned, served on a garlic
buttered Toasted bun with lettuce and BBQ sauce)

- Meatball Sandwich \$11.00
(Smoked pork/tri-tip blend, cheese and BBQ sauce)

- Cheeseburger \$11.00
(Fresh ground Tri-Tip with cheese, grilled onions,
lettuce, tomato, and pickles with BBQ sauce)

Vegan Sandwiches

Spicy Smoked Spaghetti Squash \$7.50
(lettuce, tomato, and root beer glaze sauce)

- Smoked Tempeh \$9.50
(Tempeh & spicy slaw w / Chocolate Raspberry BBQ sauce)

Vegaloaf \$10.00
(Tempeh, chocolate raspberry BBQ sauce, vegan potato salad
grilled on thick Hawaiian bread)

- TLT \$10.00
(Tempeh, lettuce and tomato, on wheat bread)

- Vegan Foot \$10.50
(Tempeh, vegan mac 'n cheese, and chocolate raspberry
BBQ sauce, grilled on Hawaiian bread)

Meat

Your choice of one featured side.

- Full Rack Ribs \$30.00
Served with two sides.

- Half Rack Ribs \$16.00
Served with one side.

- The Grinder Plate \$15.00

All of our ground, smoked, and seasoned meats
on one plate. Chicken sausage, pork sausage,
Bratwurst, and one meatball, with your choice of
one featured side and a piece of Hawaiian Toast.

- Meat Sampler \$30.00
Half Rack Ribs, half pound Pulled Pork,
half pound Tri-Tip and 2 sides

- Half Meat Sampler \$17.00
Quarter rack Ribs, quarter pound Pulled Pork,
quarter pound Tri-Tip and one side

Featured Sides \$2

- Mac 'N Cheese
- Coleslaw
- Spicy Coleslaw (vegan)*nuts
- Traditional Potato Salad
- Vegan Potato Salad
- Butternut Squash w/ hazelnuts
- Cornbread
- Vegan Cornbread
- Country Beans

Premier Sides \$3

- Side Salad
- Fruit Cup
- Vegan / Gluten Free Mac 'N Cheese



We Cater !!!



Just for Kids

(12 years and younger , please)

*Served with Tim's Chips or Fruit

- Grilled Cheese \$5
- Grilled PB&J \$5
- Bowl of Mac 'N Cheese \$5
Add Pulled Pork for \$1 more
- Quesadilla \$5
Add Pulled Pork or Tri-Tip for \$2 more
- Kids Pulled Pork Sandwich \$6
- Kids Tri-Tip Sandwich \$7
- Kids Cheeseburger \$7

Kid's Beverage \$1

Desserts

- Bread Pudding \$4.00
- Vegan Bread Pudding \$4.00
- Chocolate Cake (Vegan) \$4.00
- Traditional Lemon Bar \$4.00
- Vegan/Gluten Free Lemon Bar \$5.00
- Milkshake 16 oz. \$6.50 12 oz. \$5.00
- Brownie Sundae \$6.00
- Single Scoop \$3.75

We use local, handmade ice cream from Goody's Soda Fountain & Candy Store.

Beverages \$2.00

Coke Diet Coke Coke Zero

Dr Pepper Sprite

Lemonade Ice Tea / Sweet Tea

Hot Tea Coffee

Orange Juice Apple Juice Apple Cider

BuckSnort Root Beer or Orange Cream \$3.00

Boylan Sodas (assorted flavors) \$2.50



Hours

Monday - Saturday

11am - 9pm

Sunday 12pm - 8pm

Find us on



Visit Our Website

BBQ4LIFE.NET



208-639-0568

930 S. Vista Ave

Boise, Idaho 83709

**18% Gratuity will be added
for groups of 8 & over.**