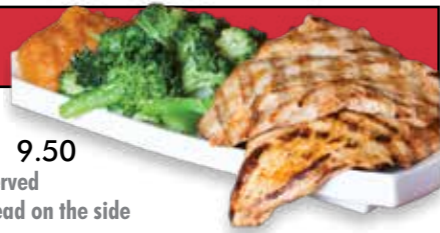


PLATTERS & BOWLS



- Gyro Bowl - Gyro meat or grilled chicken, rice, lettuce, tomato & onion served with Tzatziki sauce, hot sauce & Pita bread on the side 9.50
- Athlete's Bowl - Brown rice with a touch of chicken chili sauce, steamed garlic broccoli, topped with diced char-grilled chicken 9.75
- Burrito Bowl - Rice, black beans, corn, pulled roasted chicken, topped with melted cheese & chicken chili 9.50

All Platters below served with 2 Sides & Corn Bread

- Chicken Salad Platter - Pulled roasted chicken salad 8.75
- Grilled Chicken Platter - Marinated char-grilled boneless chicken breast 10.75
- Chicken Tender Platter - Seasoned golden fried tenders
 - 4 Tenders 8.50
 - 6 Tenders 11.00



CHAR-GRILLED BURGER

- Hamburger 6.75 Alone 10.25 2 Sides
- Chicken Burger 6.75 Alone 10.25 2 Sides
- With Cheese add 50¢
- With Bacon add 1.00

SALADS



- Garden Salad 6.50
- Caesar Salad 6.50
- Mediterranean Salad 7.50
- Gorgonzola Salad 7.99

- Additional Salad Toppings:**
- Crispy or Grilled Chicken 3.25
 - Chicken Salad 3.25
 - Gyro Meat 3.25
 - Extra Dressing (See list below) / Cheese 1.00

- Dressings:**
- Lite Ranch
 - Lite Italian
 - Caesar
 - Blue Cheese
 - Balsamic Vinaigrette
 - Honey Mustard

SOUPS

- | | | |
|--------------------|------|------|
| | Cup | Bowl |
| Chicken Rice Soup | 3.99 | 4.99 |
| Chicken Chili Soup | 3.99 | 4.99 |

JUST FOR KIDS

Served with 1 Side Dish, Corn Bread & Kid's Drink

- 3 Chicken Tenders 6.75
- Macaroni & Cheese 6.75
- 2 Drumsticks - Roasted | Crispy 6.75

BAKERY

- Corn Bread Each 65¢
- 6 Corn Bread 3.75
- Brownie 1.99
- Chocolate Chip Cookie 1.99

EAT WELL... LIVE HEALTHY

La Rosa Chicken & Grill – a Modern World eatery that stays true to Old World traditions. Our roasted and grilled chicken are natural, preservative free non-hormone injected and without MSG. All of our dishes retain the nutrients needed to keep our bodies healthy. We do not use fillers or chemically flavored low-grade food products. Our meats are marinated with our own natural process and our side dishes are made fresh daily from real fresh vegetables. We offer a line of food that is cooked in ovens, kettles, open-fire grills and rotisseries letting all the fats extract while retaining everything wholesome. By starting with only those products that meet our commitment to exceptional quality, we end up with a meal that is unsurpassed in its category. At La Rosa Chicken & Grill you can be assured you are getting a nutritionally, well-balanced meal for your family. Even when you want to indulge, our menu has been created as healthy as possible.

To Our Guests: It is a privilege to have the opportunity to serve you. We thank you for being a part of our family and making La Rosa Chicken & Grill a continued success.

NEW JERSEY LOCATIONS:

- Marlboro - 732-972-0019
- Freehold - 732-409-0030
- Madison - 973-360-1888
- Manalapan - 732-536-0710
- Tinton Falls - 732-922-8300
- Wayne - 973-633-9500
- Monroe Township - 732-251-0505
- Berkeley Heights - 908-464-4100

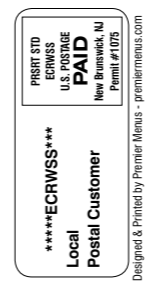
NEW YORK LOCATIONS:

- Staten Island (Richmond Valley Rd.) - 718-966-1555
- Staten Island (Victory Boulevard) - 929-415-6000

COMING SOON

- Sea Girt, NJ - 732-528-2200
- Staten Island III, NY

*Prices subject to change without notice and may vary as per location. Revised 11-2018



Dine-In | Carry-Out | Catering | Online Ordering | We Deliver \$15 Minimum



MANALAPAN

732-536-0710

Call ahead for Carry-Out Orders

www.larosagrill.com

Order online or download our app

Gordon's Center
285 Gordon's Corner Road
Manalapan, NJ 07726

Hours:
Sun - Thur: 11am to 9pm
Fri & Sat: 11am to 9:30pm



ROASTED CHICKEN



Whole Chicken - Alone 11.49

INDIVIDUAL MEALS - Served with 2 sides & Corn Bread

Quarter Chicken - Dark 8.25
 Quarter Chicken - White 9.25
 Half Chicken 11.00
 Make it a combo with 3 Ribs add 6.00

BABY BACK RIBS

Southern Delight!



Full Rack - Alone 25.99
 3 Ribs - Served with 2 sides & corn bread 11.00
 6 Ribs - Served with 2 sides & corn bread 17.00

HOMEMADE SIDE DISHES

Made fresh daily!



Side Dish Small 3.25 Large 5.99
 Chicken Salad Small 3.50 Large 5.99

Hot

Homemade Mashed Potatoes • Black Beans • Stuffing • Corn
 Sweet Mashed Potatoes • Garlic Parsley Potatoes • String Beans
 Steamed Garlic Broccoli • Macaroni & Cheese • Rice Pilaf
 Steamed Fresh Vegetables • Creamed Spinach • Brown Rice

Cold

Tomato Salad • Cole Slaw • Cucumber Salad

FINGER FOODS



We fry with zero trans fat & cholesterol free oils

Chicken Tenders - Alone 4 Tenders 5.00
 6 Tenders 7.50
 Buffalo Wings - Served with celery, blue cheese & buffalo sauce
 6 Wings 6.25
 12 Wings 11.99
 18 Wings 17.99
 24 Wings 22.99
 French Fries 3.50

FAMILY MEALS

Perfect for sharing!



1 1 Whole Chicken
 2 Lg. Side Dishes
 3 Corn Bread
23.99

2 1 + 1/2 Whole Chickens
 3 Lg. Side Dishes
 4 Corn Bread
35.99

3 2 Whole Chickens
 4 Lg. Side Dishes
 6 Corn Bread
45.99

4 Full Rack of Baby Back Ribs
 2 Lg. Side Dishes
 3 Corn Bread
37.99

Make a Combo with any Meal above

Add 1/2 Rack Ribs 6 Ribs 13.50
 Add Full Rack Ribs 12 Ribs 24.99

CRISPY CHICKEN



Crispy Chicken Alone

2 Pcs. Crispy Chicken - Dark Leg & Thigh 4.50
 2 Pcs. Crispy Chicken - White Breast & Wing 5.50
 4 Pcs. Crispy Chicken Breast, Wing, Leg & Thigh 8.25
 8 Pcs. Crispy Chicken 2 Breasts, 2 Wings, 2 Legs & 2 Thighs 14.99

Individual Crispy Meals

Served with 2 Sides & Corn Bread

2 Pcs. Crispy Chicken Meal - Dark Leg & Thigh 8.25
 2 Pcs. Crispy Chicken Meal - White Breast & Wing 9.25
 4 Pcs. Crispy Chicken Meal Breast, Wing, Leg & Thigh 11.75
 4 Pcs. Crispy Chicken Meal - Dark 2 Legs & 2 Thighs 11.49
 4 Pcs. Crispy Chicken Meal - White 2 Breasts & 2 Wings 13.25

No Substitutions

CRISPY FAMILY MEALS

5 8 Pcs. Crispy Meal 25.99
 2 Breasts & 2 Wings
 2 Legs & 2 Thighs
 2 Lg. Side Dishes • 3 Corn Bread

6 12 Pcs. Crispy Meal 35.99
 3 Breasts & 3 Wings
 3 Legs & 3 Thighs
 3 Lg. Side Dishes • 4 Corn Bread

No Substitutions

SANDWICHES & WRAPS



Served on a Fresh Baked Roll or Multigrain Ciabatta

Wheat Wrap available upon request

	Alone	2 Sides
Chicken Sandwich or Wrap Char-grilled or Crispy chicken breast with lettuce, tomato, onions & mayo	6.75	10.25
Spicy Chicken Sandwich or Wrap Spicy marinade, grilled or crispy chicken breast with lettuce, tomato, onions & Sriracha mayo	6.75	10.25
Chicken Salad Sandwich or Wrap Freshly made chicken salad with lettuce & tomato	6.75	10.25
BBQ Chicken Sandwich or Wrap Pulled roasted chicken prepared in our homemade BBQ sauce	6.75	10.25
Caesar Wrap Marinated char-grilled chicken breast with Romaine lettuce, shredded Romano cheese & Caesar dressing	6.75	10.25
Chicken Club Sandwich or Wrap Marinated char-grilled chicken breast with bacon, American cheese, lettuce, tomato & mayo	7.75	11.25
Gorgonzola Chicken Sandwich or Wrap Marinated char-grilled chicken breast with bacon, sautéed onions, crumbled Gorgonzola cheese & mayo	7.75	11.25
Buffalo Wrap Golden crispy chicken tossed in our special buffalo sauce, lettuce, tomatoes & topped with blue cheese dressing	7.75	11.25
Burrito Wrap Roasted chicken, rice, beans, sautéed onions, corn, white cheddar cheese & Mexican seasoning	7.75	11.25
Gyro - Chicken Beef Pita or Wrap Served with lettuce, tomato, onions & Tzatziki sauce	7.75	11.25
Steak Wrap Marinated steak, sautéed onions & melted American cheese	13.99	17.49