

## BOWLS

- Gyro Bowl** 9.75  
Gyro meat or grilled chicken, rice, lettuce, tomato & cucumber salad served with Tzatziki sauce, hot sauce & Pita bread on the side
- Burrito Bowl** 9.75  
Pulled roasted chicken, rice, beans, corn, white cheddar cheese & Mexican seasoning

## PLATTERS

Served with 2 Sides & Cornbread



- Chicken Platter** 11.25  
Marinated char-grilled boneless chicken breast
- Spicy Chicken Platter** 11.25  
Spicy marinated char-grilled boneless chicken breast
- Chicken Tender Platter** 4 Pcs. 9.00  
Seasoned golden fried tenders  
6 Pcs. 11.50

## SALADS



- Garden Salad** 6.50  
Romaine lettuce, tomatoes, carrots, broccoli, cauliflower, cucumbers & onions
- Caesar Salad** 6.50  
Romaine lettuce, shredded Romano cheese, croutons & Caesar dressing
- Mediterranean Salad** 7.99  
Romaine lettuce, tomatoes & cucumber salad, Feta cheese & balsamic vinaigrette
- Gorgonzola Salad** 7.99  
Romaine lettuce, dried cranberries, honey roasted walnuts, bacon, red onions, crumbled Gorgonzola cheese & balsamic vinaigrette

Dressings: Life Ranch • Caesar • Balsamic Vinaigrette • Honey Mustard

Extra Cheese - 1.00      Extra Dressing - 1.00

## SALAD TOPPINGS

- Original Chicken Grilled or Crispy** 3.50
- Spicy Chicken Grilled or Crispy** 3.50

## SOUPS

- Chicken Rice Soup Sm Lg  
Chicken Chili Soup 3.99 4.99

## JUST FOR KIDS

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

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



## BAKERY

- Corn Bread Each 65¢  
6 pieces 3.75
- Brownie 2.50  
Chocolate Chip Cookie 2.50



## 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 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.

VISIT OUR WEBSITE TO FIND A LA ROSA NEAR YOU.

**NEW JERSEY - NEW YORK - FLORIDA**

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\* Prices subject to change without notice and may vary as per location.  
Revised 11/2019

DINE IN • DELIVERY (\$15 Minimum) • TAKE OUT • CATERING



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**FREEHOLD**  
**732-409-0030**

Raintree Shopping Center  
12 Village Center Drive (Route 537) • Freehold, NJ 07728

**MODERN WORLD EATERY**  
**OLD WORLD TRADITION**



## HOURS

Sun - Thur: 11am - 9.00pm      Fri & Sat: 11:00am - 9:30pm

## ROASTED CHICKEN



Whole Chicken - Sides Not Included

12.49

## CRISPY CHICKEN



2 Pcs. Dark  
Leg & Thigh  
5.00

2 Pcs. White  
Breast & Wing  
6.00

4 Pcs.  
Breast, Wing,  
Leg & Thigh  
9.00

8 Pcs.  
2 Breasts, 2 Wings,  
2 Legs & 2 Thighs  
15.50

No Substitutions

## INDIVIDUAL MEALS

Roasted or Crispy Chicken Served with 2 Sides & Cornbread

Quarter Dark  
Leg & Thigh  
9.00

Quarter White  
Breast & Wing  
10.00

Half Chicken  
Breast, Wing,  
Leg & Thigh  
12.00

No Substitutions

## BABY BACK RIBS



Sides & Cornbread Not Included

3 Ribs  
7.50

6 Ribs  
13.50

12 Ribs  
25.99

Served with 2 Sides & Cornbread

3 Ribs  
11.50

6 Ribs  
17.50

## FAMILY MEALS

1 One Whole  
Roasted Chicken  
2 Lg. Sides | 3 Cornbread  
24.99

2 One & Half  
Roasted Chickens  
3 Lg. Sides | 4 Cornbread  
37.99

3 8 Pcs.  
Crispy Meal  
2 Breasts, 2 Wings, 2 Legs, 2 Thighs  
2 Lg. Sides - 3 Cornbread  
26.99

4 Full Rack of  
Baby Back Ribs  
2 Lg. Sides | 3 Cornbread  
38.99

No Substitutions

## HOMEMADE SIDE DISHES



Sides

Sm. - 3.50

Lg. - 6.25

Hot

Garlic Parsley Potatoes  
Steamed Garlic Broccoli  
Steamed Fresh Vegetables

Mashed Potatoes  
Creamed Spinach  
Mashed Sweet Potatoes

Black Beans  
String Beans  
Macaroni & Cheese

Corn  
Stuffing  
Rice Pilaf

Cold

Tomato & Cucumber Salad

Cole Slaw

## FINGER FOOD

French Fries

3.50

BUFFALO WINGS - Served with ranch dressing

6 Wings 6.50

12 Wings 13.00

18 Wings 19.50

24 Wings 26.00



CHICKEN TENDERS - Choice of BBQ or honey mustard sauce

4 Piece 5.00

6 Piece 7.50



## SANDWICHES & WRAPS

Served on a fresh roll, white wrap or wheat wrap.



Chicken - Grilled or Crispy

Sandwich or Wrap | Marinated chicken breast served with lettuce, tomato, onions & mayo

6.75

Spicy Chicken - Grilled or Crispy

Sandwich or Wrap | Spicy marinated chicken breast served with lettuce, tomato, onions & Sriracha mayo

6.75

Caesar

Wrap | Marinated char-grilled chicken breast with Romaine lettuce, shredded Romano cheese & Caesar dressing

6.75

BBQ Chicken

Sandwich or Wrap | Pulled roasted chicken prepared in our homemade BBQ sauce

6.75

With 2 Sides

10.75



Buffalo

Wrap | Golden crispy chicken tossed in our special buffalo sauce, lettuce, tomatoes & topped with ranch dressing

7.75

Burrito

Wrap | Pulled roasted chicken, rice, beans, corn, white cheddar cheese & Mexican seasoning

7.75

Gyro - Chicken | Beef

Pita or Wrap | Lettuce, tomato, onions & Tzatziki sauce

7.75

With 2 Sides

11.75

## CHAR-GRILLED BURGER

Hamburger

Lettuce, tomato, onions & mayo

6.75



With 2 Sides

10.75

Add Cheese - 0.75

Add Bacon - 1.00