

BOWLS

- Gyro Bowl** 9.79
Gyro meat or grilled chicken, rice, lettuce, tomato & cucumber salad served with Tzatziki sauce, hot sauce & Pita bread on the side
- Burrito Bowl** 9.79
Pulled roasted chicken, rice, beans, corn, white cheddar cheese & Mexican seasoning

PLATTERS

Served with 2 Sides & Cornbread



- Chicken Platter** 11.29
Marinated char-grilled boneless chicken breast
- Spicy Chicken Platter** 11.29
Spicy marinated char-grilled boneless chicken breast
- Chicken Tender Platter** 4 Pcs. 9.00
Seasoned golden fried tenders
6 Pcs. 11.59

SALADS



- Garden Salad** 6.79
Romaine lettuce, tomatoes, carrots, broccoli, cauliflower, cucumbers & onions
- Caesar Salad** 6.79
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: Lite Ranch • Caesar • Balsamic Vinaigrette • Honey Mustard

Extra Cheese - 1.25 Extra Dressing - 1.25

SALAD TOPPINGS

- Original Chicken Grilled or Crispy** 3.69
- Spicy Chicken Grilled or Crispy** 3.69

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** 6.99
2 Drumsticks - Roasted | Crispy 6.99
Macaroni & Cheese 6.99



BAKERY

- Corn Bread** Each 65¢
6 pieces 3.79
- 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

FOLLOW US ON SOCIAL MEDIA FOR OFFERS & MORE.

@larosagrill_seagirt

f larosaseagirt

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

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



DOWNLOAD THE APP • ORDER ONLINE
www.larosagrill.com

SEA GIRT
732-528-2200

2204 Route 35
Sea Girt, NJ 08750

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
7.79

6 Ribs
13.79

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. - 3.79

Lg. - 6.29

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

6.99

Spicy Chicken - Grilled or Crispy

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

6.99

Caesar

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

6.99

BBQ Chicken

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

6.99

With 2 Sides

10.99



Buffalo

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

7.99

Burrito

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

7.99

Gyro - Chicken | Beef

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

7.99

With 2 Sides

11.99

CHAR-GRILLED BURGER

Hamburger

Lettuce, tomato, onions & mayo

6.99



With 2 Sides

10.99

Add Cheese - 1.00

Add Bacon - 1.25