

# WILD & FREE

4550 VAN NUYS BLVD, #A1 | SHERMAN OAKS, CA, 91403 · (818) 616-5688 · EATWILDANDFREE.COM · #EATWILD.LIVE.FREE

## PLATED ROTISSERIE CHICKEN

CHOOSE YOUR SIZE ( INCLUDES 2 REG SIDES )

**QUARTER** | \$11.95  
WING & BREAST OR LEG & THIGH

**HALF** | \$15.95

CHOOSE YOUR STYLE

**W&F ORIGINAL**   
BLACK PEPPER, SALT, ONION, GARLIC

**SAVORY**  |   
LEMON, ROSEMARY, PARSLEY, SAGE, GARLIC

**ROTATING FLAVOR** 

ADD SAUCES | \$.50 EACH

CRISPY SHALLOT AIOLI, TOMATILLO, HICKORY RANCH, BBQ, HONEY MUSTARD

**CRISPY CHICKEN PLATE** \$12.95

PANKO FRIED LEG & THIGH +2 REG SIDES

**FARM FRESH SIDES** \$3.95 REG | \$6.95 LRG

**BASMATI RICE**  |   
SAVORY LEMON HERBED

**CARROTS**  |   
SMOKED TRUFFLE HONEY

**ASIAN SLAW**  |   
SPICY PEANUT DRESSING, SESAME SEEDS, CILANTRO

**SKINNY FRIES**  |   
ORIGINAL / SMOKEY

**BABY POTATOES**   
SCHMALTZ ROASTED, HERBS

**MAC & CHEESE**  |   
SHARP CHEDDAR CREAM SAUCE, ROTINI PASTA, SAVORY PANKO BREAD CRUMBS

**SEASONAL SIDES**  | +\$1  
CHECK OUR SPECIALS BOARD FOR OUR SEASONAL OFFERINGS

**SIDE PLATE** \$10.95

PICK ANY 3 REG SIDES

**SALADS/BOWLS** \$10.95

SUBSTITUTE CRISPY CHICKEN OR VEGAN PLANT BASED CHICKEN FOR \$1

**CHINESE CHICKEN SALAD**

ORIGINAL CHICKEN, MANDARIN ORANGES, WONTON STRIPS, SPICY PEANUT DRESSING, CRISPY SHALLOT, ALMONDS, SESAME, CILANTRO

**SUPER SALAD** 

ORIGINAL CHICKEN, SHAVED VEGETABLES, GOJI, FLAX SEED, GRAPES, SUNFLOWER SEEDS, TAMARI TOMATOES, BROCCOLINI

**CAESAR**

ORIGINAL CHICKEN, KALE, GARLIC FLOWERS, HERBED BREAD CRUMBS, PARMESAN

**SINALOA BOWL** 

SPICY CHICKEN, HERBED RICE, ROTISSERIE PINEAPPLE, GRILLED GREEN ONION, TOMATILLO

**LEMONGRASS BOWL** 

ORIGINAL CHICKEN, HERBED RICE, PICKLED CUCUMBER, RADISH, CARROT, SESAME, RED CHILES

**W&F ORIGINAL BOWL** 

ORIGINAL CHICKEN, HERBED RICE, ROASTED SEASONAL VEGETABLES, RED QUINOA, WHITE MISO VINAIGRETTE

**SANDWICHES** \$7.95  
ADD A SIDE FOR \$3.00

**PERUVIAN SPICY CHICKEN**

PULLED CHICKEN, AJI AMARILLO, ROMAINE HEARTS, SMASHED AVOCADO, PICKLED RED ONION

**SMOKEY BBQ**

PULLED CHICKEN, ROASTED CHILE MAYO, BUTTERMILK FRIED ONION, CANDIED PEPPERS

**THE ORIGINAL**

CHICKEN, BROCCOLINI, CRISPY SHALLOT AIOLI, PROVOLONE

**CRISPY CHICKEN SANDWICH**

PANKO FRIED CHICKEN, MUENSTER & PROVOLONE CHEESE SAUCE, BREAD & BUTTER PICKLES, COLE SLAW, CRISPY SHALLOT AIOLI, CHOICE OF OG OR SPICY

**FAMILY MEAL** \$26.95

I WHOLE CHICKEN +2 SIDES

**KIDS PLATE** \$7.95

**CHICKEN TENDERS OR 2 DRUMSTICKS**

WITH ONE SIDE AND A DRINK  
CHOOSE ONE SAUCE: BBQ, HICKORY RANCH, HONEY MUSTARD

**DESSERT**

**CRACKED CORN COOKIES** \$1.95

BUTTERY, SWEET CORN SUGAR COOKIE

**DRINKS**

**STUBBORN CRAFT SODA** \$2.95

**SEASONAL LEMONADE** \$2.95

**ICED TEA** \$2.95

**KOMBUCHA** \$6.00

**BEER** \$7.00

**WINE** \$7.95

BEYOND MEAT IS OUR PARTNER PROVIDING A VEGAN, PLANT-BASED MEAT SUBSTITUTE - GLUTEN, DAIRY, AND GMO FREE

**VEG** VEGETARIAN  GLUTEN FREE

 SEASONAL  VEGAN