

# WILD & FREE

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

## ROTISSERIE CHICKEN

### QUARTER

WING & BREAST | \$7.95  
LEG & THIGH | \$6.95

### HALF

WING, BREAST, LEG & THIGH | \$10.95

ENJOY ONE SAUCE. \$.50 EACH ADDITIONAL.

CRISPY SHALLOT AIOLI, TOMATILLO, HICKORY RANCH, BBQ, WHOLE-GRAIN HONEY MUSTARD

CHOOSE YOUR STYLE

### W&F ORIGINAL G

BLACK PEPPER, SALT, ONION, GARLIC

### SAVORY G

LEMON, ROSEMARY, PARSLEY, SAGE, GARLIC

## CRISPY CHICKEN QUARTER

\$7.95

## PANKO FRIED LEG & THIGH

## SIDES

\$3.95 REG | \$6.95 LRG

**CARROTS** VEG | G  
SMOKED TRUFFLE HONEY

**SKINNY FRIES** V | G  
ORIGINAL / SMOKEY

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

**CRISPY POTATOES** V | G  
TRIPLE FRIED, GARLIC, PARMESAN, HERBS

## SIDE PLATE PICK ANY 3 REG SIDES

\$10.95

## PREMIUM SIDES

\$4.95 REG | \$8.95 LRG

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

**CHARRED CABBAGE** VEG | G  
DILL CREAM SAUCE

**MEDITERRANEAN COUS COUS** VEG  
ISRAELI COUS COUS, CARAMELIZED ONION, CITRUS VINAIGRETTE, CHARRED CAULIFLOWER, HERBS

**SEASONAL SIDES**  
CHECK OUR SPECIALS BOARD FOR OUR SEASONAL OFFERINGS

## FAMILY MEAL

\$27.95

## 1 WHOLE CHICKEN +2 SIDES

## SALADS

\$6.95

### CHINESE SALAD

MIXED GREENS, SLAW, MANDARIN ORANGES, WONTON STRIPS, SPICY PEANUT DRESSING, CRISPY SHALLOT, ALMONDS, SESAME, CILANTRO

### CAESAR

MIXED GREENS, GARLIC FLOWERS, HERBED BREAD CRUMBS, PARMESAN

ADD GRILLED CHICKEN +\$4.50

ADD CRISPY CHICKEN +\$4.50

ADD VEGAN, PLANT-BASED CHICKEN \$5.50

## COBB SALAD

\$12.95

CHICKEN, MIXED GREENS, BLEU CHEESE CRUMBLES, HARD-BOILED EGG, CHERRY TOMATO, CRISPY BACON, MASHED AVOCADO, HOUSE VINAIGRETTE, CHIVES

## BOWLS

\$10.95

### SINALOA BOWL G

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

### CARIBBEAN BOWL G

MANGO BBQ CHICKEN, SPICY ROASTED POBLANO AIOLI, SWEET CORN SALSA

### LEMONGRASS BOWL G

SAVORY CHICKEN, HERBED RICE, PICKLED CUCUMBER, RADISH, CARROT, SESAME, RED CHILES, CILANTRO

### W&F ORIGINAL BOWL G

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

## SANDWICHES

\$7.95

### HONEY CHICKEN BISCUIT

CRISPY PANKO CHICKEN, SPICY HONEY SAUCE, WHOLE GRAIN HONEY MUSTARD, BREAD & BUTTER PICKLES

### CRISPY CHICKEN SANDWICH

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

### PERUVIAN SPICY CHICKEN

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

### SMOKEY BBQ

SMOKEY BBQ CHICKEN, ROASTED CHILE MAYO, BUTTERMILK FRIED ONION, CANDIED PEPPERS

## KIDS PLATE

\$7.95

AGES 12 AND UNDER

## 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 **G** GLUTEN FREE **V** VEGAN