



SANDWICHES & WRAPS

Served on a Fresh Potato Bread Roll

	Alone	2 Sides
NEW Avocado Wrap <i>Marinated grilled chicken breast with avocado, Gorgonzola cheese, chipotle mayo and cilantro</i>	7.94	10.98
Grilled Chicken Sandwich or Wrap <i>Marinated char-grilled chicken breast with lettuce, tomato, pickles and mayo</i>	6.31	9.35
BBQ Chicken Sandwich or Wrap <i>Pulled roasted chicken prepared in our homemade BBQ sauce</i>	6.31	9.35
Spicy Chicken Sandwich or Wrap <i>Spicy golden fried chicken breast with lettuce, tomato, pickles and chipotle mayo</i>	6.55	9.59
Chicken Salad Sandwich or Wrap <i>Freshly made chicken salad with lettuce and tomato</i>	6.31	9.35
Crispy Chicken Sandwich or Wrap <i>Golden fried chicken breast with lettuce, tomato, pickles and mayo</i>	6.31	9.35
Gorgonzola Chicken Sandwich or Wrap <i>Marinated char-grilled chicken breast topped with bacon, sauteed onions, crumbled Gorgonzola cheese and mayo</i>	7.48	10.28
Pulled Pork Sandwich or Wrap <i>Pulled roasted pork prepared in our homemade BBQ sauce</i>	7.48	10.28
Caesar Wrap <i>Marinated char-grilled chicken breast with Romaine lettuce, shredded Romano cheese and Caesar dressing</i>	7.01	9.81
Buffalo Wrap <i>Golden crispy chicken tossed in our special buffalo sauce, lettuce, tomatoes and topped with blue cheese dressing</i>	7.48	10.28
Chipotle Wrap <i>Marinated char-grilled chicken breast, bacon, pepper jack cheese, pickles and chipotle mayo</i>	7.48	10.28
Southwestern Wrap <i>Marinated char-grilled chicken breast with hot peppers, sauteed onions, lettuce, tomatoes & melted Cheddar cheese</i>	7.48	10.28
Burrito Wrap <i>Seasoned diced grilled chicken, rice, beans, corn, mozzarella cheese and sour cream</i>	7.48	10.28
Steak Wrap <i>Sliced marinated skirt steak with fried onions and hot peppers</i>	10.52	13.33
Cheese Steak Wrap <i>Sliced marinated skirt steak with fried onions, hot peppers and cheddar cheese</i>	10.99	13.80

WHOLE WHEAT WRAP AVAILABLE UPON REQUEST.

KIDS MEALS

Served with 1 side dish and corn bread

3 Chicken Tenders	5.37
Macaroni and Cheese	5.37
Two Roasted Drumsticks	5.37

SIDES

Homemade side dishes made fresh daily

Hot - Steamed Fresh Vegetables • Homemade Mash Potatoes
Black Beans • Sweet Potatoes • Yellow Rice • Stuffing
Macaroni & Cheese • String Beans • Corn • Baked Beans
Creamed Spinach • Garlic Parsley Potatoes
Broccoli / Garlic

Cold - Cole Slaw • Tomato Salad • Cucumber Salad
Potato Salad

Small Side Dish	2.80
Large Side Dish	5.14
Small Chicken Salad	3.50
Large Chicken Salad	6.07

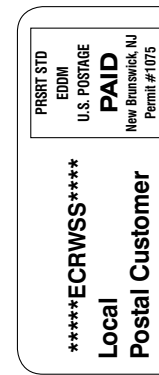
DESSERTS

Chocolate Chip Cookie	1.87
Cheese Cake	4.21

BEVERAGES

Bottled Water	1.50
20oz. Plastic Bottled Soda	2.34
Snapple	2.10

Fire Roasted Chicken and Grill began as the dream of restaurant owner, Rob Shipley. With over 20 years of experience Rob knew that there was a rising consumer demand for healthy food served in a quick-service environment. Fire Roasted Chicken and Grill is built on the concept serving food with: a distinctive flavor; wholesome, high-quality, made-from-scratch products; and a fast, friendly approach to serving the customer. We invite you to experience a truly great home-style cooked meal that is both wholesome and healthy.



Designed & Printed by Sharper Menus - 908-578-6877

FIRE

Roasted Chicken & Grill



973-889-0800

Call Ahead For Carry Out Orders

Carry Out • Delivery • Catering

We deliver to: Cedar Knolls, Whippany, Parsippany, East Hanover
Morris Plains, Morristown, Denville, Morris Township

86 Ridgedale Avenue

(Next to Cedar Knolls Firehouse)

Cedar Knolls, NJ 07927

Online Ordering Available

www.FireRoastedChickenandGrill.com

Hours: Mon thru Sat: 10:30am – 9:00pm

Sun: 12:00pm – 8:00pm

**NO MSG • NO PRESERVATIVES
ANTIBIOTIC FREE**

SIGNATURE SALADS

Garden Salad 6.31

Romaine lettuce, tomatoes, carrots, broccoli, cauliflower, cucumbers, celery and onions



Caesar Salad 6.31

Romaine lettuce, shredded Romano cheese, croutons and Caesar dressing

Buffalo Chicken Salad 10.05

Breaded buffalo chicken, over tomatoes with blue cheese dressing

Gorgonzola Salad

Romaine lettuce, dried cranberries, honey roasted walnuts, bacon, red onions, crumbled Gorgonzola cheese and balsamic vinaigrette

Cobb Salad

Romaine lettuce, tomato, crisp bacon, roasted chicken breast, hard-boiled egg, avocado, crumbled blue cheese, and red-wine vinaigrette

Romaine,

ADDITIONAL SALAD TOPPINGS

CRISPY OR GRILLED CHICKEN – 3.04

CHICKEN SALAD – 3.04 • SKIRT STEAK – 5.15

EXTRA DRESSING – 93¢

Regular Dressings - Balsamic Vinaigrette, Blue Cheese, Caesar, Honey Mustard, Red Wine Vinaigrette

Low-Fat Dressings - Lite Ranch, Lite Italian

SOUP

Chicken Noodle

Bowl

5.14

CORN BREAD

Each Corn Bread

.70

1/2 Dozen Corn Bread

3.74

1 Dozen Corn Bread

7.01

FINGER FOODS

WE FRY WITH ZERO TRANS FAT AND CHOLESTEROL FREE OILS

Waffle Fries

4.21

Mozzarella Sticks (6)

6.07

Buffalo Wings

Served with celery, blue cheese & tossed in choice of sauce

6 Wings

6.31

12 Wings

12.15

18 Wings

17.99

24 Wings

23.13

Chicken Tenders

4 Tenders

4.44

6 Tenders

5.84



SAUCES: HONEY BBQ, MILD BUFFALO, BBQ, HOT SAUCE, SPICY GARLIC, TERIYAKI, GARLIC PARMESAN



ROASTED CHICKEN

Whole Chicken - Alone

10.98

1/4 Chicken Dark - Served with corn bread & two sides

7.48

1/4 Chicken White - Served with corn bread & two sides

8.41

1/2 Chicken - Served with corn bread & two sides

10.05

1/2 Chicken White - Served with corn bread & two sides

12.15

BABY BACK RIBS

Full Rack - Alone

24.07

6 Ribs - Alone

12.15

6 Ribs - Served with corn bread & two sides

15.42

FAMILY MEALS



#1 - 1 Whole Chicken (feeds 2 to 3) -

20.09

2 Lg. Side Dishes with 4 Corn Bread

#2 - 1 + 1/2 Whole Chickens (feeds 4 to 5) -

30.14

3 Lg. Side Dishes with 6 Corn Bread

#3 - 2 Whole Chickens (feeds 4 to 6) -

39.02

4 Lg. Side Dishes with 8 Corn Bread

#4 - 1 Full Rack of Baby Back Ribs -

34.11

(feeds 2 to 3) - 2 Lg. Side Dishes with 4 Corn Bread

#5 - 1 Whole Chicken & Full Rack of Baby Back Ribs -

48.13

(feeds 4 to 5) - 3 Lg. Side Dishes with 6 Corn Bread

#6 - 1/2 Chicken & 1/2 Rack of Baby Back Ribs -

28.04

(feeds 2 to 3) - 2 Lg. Side Dishes with 4 Corn Bread

#7 - 1 Whole Chicken & 1/2 Rack of Baby Back Ribs -

32.01

(feeds 3 to 4) - 2 Lg. Side Dishes with 6 Corn Bread

#8 - 1/2 Chicken & Full Rack of Baby Back Ribs -

39.02

(feeds 3 to 4) - 2 Lg. Side Dishes with 6 Corn Bread

DIPPING SAUCES: FIRE SAUCE, BBQ



ENTREES

Side Sampler - Your choice of any three sides

7.48

Burrito Bowl

9.35

Rice, black beans, corn, diced char-grilled chicken, sour cream, topped with shredded mozzarella cheese

Steak Bowl

11.46

Rice, black beans, corn, diced skirt steak, topped with shredded mozzarella

All Platters below served with Corn Bread and 2 Sides

Chicken Salad Platter - Pulled roasted chicken salad

8.88

Grilled Chicken Platter

9.81

Marinated char-grilled boneless chicken breast

Chicken Tender Platter

4 Pcs – 7.48

6 Pcs – 8.88

Seasoned golden fried tenders

We Proudly Serve

Pat LaFrieda Meat



BURGERS

Served on Fresh Potato Bread Roll

Hamburger - Lettuce, tomato, pickles and mayo

Alone

2 Sides

7.01

9.81

Cheese Burger

7.71

10.75

Cheddar cheese, lettuce, tomato, pickles and mayo

Gorgonzola Burger

7.94

10.98

Topped w/bacon, sauteed onions, crumbled Gorgonzola cheese & mayo

BLT Burger

7.94

10.98

Bacon, lettuce, tomato and mayo

Chipotle Burger

7.94

10.98

Bacon, pepper jack cheese, pickles and chipotle mayo

EXTRAS (TO ANY OF THE ABOVE):

CHEDDAR CHEESE – 70¢ OR CRISPY BACON – 1.17

PEPPER JACK CHEESE – 70¢