# Charlie Sheen admits he's 'flipped the menu' by which he means, had sex with men



In his new memoir, The Book of Sheen, and the accompanying Netflix documentary aka Charlie Sheen, Mr. Sheen confirms what has long been the subject of whisper campaigns: he has had sexual encounters with men. Sheen terms this experience as 'flipping the menu over' and challenges his formerly hyper-heterosexual image. His story challenges the assumption that sexuality is a fixed state determined in youth, suggesting instead that exploration and self-discovery can occur even later in life. At 59, his willingness to publicly acknowledge this facet of his past pushes back against the stigma surrounding late-in-life revelations about sexuality.

The Netflix documentary aka Charlie Sheen, released in September 2025, provides further context to this revelation. Directed by Andrew Renzi, the two-part series delves into Sheen’s life story, from his rise in Hollywood through his battles with addiction to his path toward recovery and reflection. Featuring candid interviews with Sheen and those close to him, including family members and former partners, the documentary paints a raw and emotional picture of a man wrestling with his past and redefining his present. Critics have generally responded positively to the series, which holds a 73% rating on Rotten Tomatoes among critics and an 81% audience score, praising its honest portrayal of Sheen’s complex journey.

Speaking at New York’s 92nd Street Y, Sheen shared insights into his sobriety and the memoir-writing process, opening up about the many hardships he has faced—from addiction to his HIV diagnosis—and how these have shaped his outlook. This reflective tone appears to underpin his recent public statements about sexuality, framed less as a shake-up and more as an evolution of self—a theme that resonates in both the memoir and documentary. Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://instinctmagazine.com/charlie-sheen-just-flipped-the-menu-what-happens-if-he-orders-again/> - Please view link - unable to able to access data
2. <https://www.netflix.com/title/82024990> - Netflix's 'aka Charlie Sheen' is a two-part documentary released in September 2025, offering an intimate look into Charlie Sheen's life, from his rise to fame in the 1980s to his struggles with addiction and path to recovery. The series features candid interviews with Sheen and those close to him, providing a raw and emotional portrayal of his journey. The documentary is available for streaming on Netflix.
3. <https://www.whats-on-netflix.com/news/two-part-charlie-sheen-documentary-aka-charlie-sheen-coming-to-netflix-in-september-2025/> - This article announces the upcoming release of 'aka Charlie Sheen', a two-part documentary on Netflix, set to premiere on September 19, 2025. Directed by Andrew Renzi, the documentary delves into Sheen's life, including his early career, rise to stardom, and personal challenges. It features interviews with family, friends, and colleagues, offering a comprehensive look at Sheen's experiences and the impact of his actions on those around him.
4. <https://www.charliesheenbook.com/> - Charlie Sheen's memoir, 'The Book of Sheen', is a candid account of his tumultuous life, detailing his rise to fame, struggles with addiction, and personal challenges. The book is praised for its authenticity and Sheen's unique storytelling style, providing readers with an unfiltered look into his experiences. It is available for purchase through the official website.
5. <https://www.rottentomatoes.com/tv/aka_charlie_sheen/s01> - Rotten Tomatoes provides a critical overview of 'aka Charlie Sheen', the two-part documentary series. The show holds a 73% rating on the Tomatometer, based on 15 critic reviews, and an 81% audience score from over 100 ratings. The reviews highlight the documentary's candid portrayal of Sheen's life and the challenges he faced, offering insights into his personal and professional journey.
6. <https://www.apnews.com/article/3a4191f64f8ba6137e43a9c5853847b4> - In an interview at New York’s 92nd Street Y, Charlie Sheen discusses his journey to sobriety, the writing process of his memoir 'The Book of Sheen', and upcoming projects. Sheen reflects on his past struggles with addiction and how becoming sober in 2017 allowed him to reconnect with his children. The memoir chronicles his life, including his near-death birth, drug addiction, legal issues, HIV diagnosis, and personal turmoil.