**BUNCHED LUNCH**
Small frozen yogurt plus any two of the following items:
- Soup, green salad, half sandwich (not a wrap) or a 16oz fresh squeezed juice 20

**STARTERS**
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Noodle Soup</td>
<td>8</td>
</tr>
<tr>
<td>Today’s Selection P/A</td>
<td></td>
</tr>
<tr>
<td>Mixed Green Salad</td>
<td>8</td>
</tr>
<tr>
<td>Tomatoes, carrots, cucumbers</td>
<td></td>
</tr>
</tbody>
</table>

**THE CARROT PATCH**
Add a small Forty Carrots frozen yogurt for an additional $4. Toppings are extra.
Add chicken +6 salmon +7 or shrimp +8
Substitute chicken with salmon +5, shrimp +6

**Roasted Beet Salad**
Baby arugula, roasted red & golden beets, goat cheese
candied walnuts, sherry vinaigrette, honey-beet reduction 16

**Zorba Salad**
Romaine hearts, tomatoes, chickpeas, black olives, feta cheese
cucumbers, stuffed grape leaves, lemon-oregano vinaigrette, pita 15

**Chicken Caesar Salad**
Romaine hearts, grilled chicken, parmesan cheese, croutons, creamy Caesar dressing 17

**Forty Carrots Chopped Salad**
Baby field greens, grilled chicken, avocado, roasted peppers, Swiss cheese, chickpeas
tomatoes, cucumbers, green beans, hard-boiled egg, grilled onion-balsamic vinaigrette 18

**Flagship Trio Platter**
Baby field greens, tomato, carrots, cucumber, scoop of tuna salad
scoop of Sonoma chicken salad, scoop of egg salad 17

**Mango Chicken Salad**
Baby field greens, grilled chicken, fresh mango, and goat cheese
sun-dried cranberries, candied walnuts, mango vinaigrette 19

**Steak Salad**
Grilled flank steak, blue cheese, charred corn, cherry tomatoes, watermelon radishes, mixed greens and shallot vinaigrette 24

**KIDS MENU**
*For ages 10 and under*
Served with a fountain soda, small juice or milk and small size frozen yogurt

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Grilled Cheese</td>
<td>12</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>12</td>
</tr>
<tr>
<td>Tomato sauce or</td>
<td></td>
</tr>
<tr>
<td>butter</td>
<td></td>
</tr>
<tr>
<td>Chicken Nuggets</td>
<td>12</td>
</tr>
<tr>
<td>Mac &amp; Cheese</td>
<td>12</td>
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</tbody>
</table>

**BEVERAGES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Boxed water</td>
<td>3</td>
</tr>
<tr>
<td>Saratoga sparkling water</td>
<td>3</td>
</tr>
<tr>
<td>Coffee</td>
<td>3</td>
</tr>
<tr>
<td>Espresso</td>
<td>3</td>
</tr>
<tr>
<td>Fountain soda</td>
<td>3</td>
</tr>
<tr>
<td>Iced coffee</td>
<td>4</td>
</tr>
<tr>
<td>House made lemonade</td>
<td>4</td>
</tr>
<tr>
<td>Shopper’s brew lemonade</td>
<td>4</td>
</tr>
<tr>
<td>Iced tea</td>
<td>4</td>
</tr>
<tr>
<td>Ghirardelli hot chocolate</td>
<td>4</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>5</td>
</tr>
</tbody>
</table>
FORTY CARROTS FASHIONS

Add a small frozen yogurt +$4. Toppings are extra.
Add chicken +$6, salmon +$7, shrimp +$8

Maine Crab Cake
Lump crab, charred corn, red pepper, frisée salad, lemon vinaigrette and roasted Yukon gold potatoes 16/26

Mediterranean Penne
Pasta quills, grilled squash & zucchini, artichoke hearts, tomatoes, garlic olive oil, parmesan cheese 17

Honey Crusted Chicken
Pan-roasted chicken breast, honey mustard crust, roasted Yukon potatoes, sautéed broccoli & carrots, natural jus 23

Cod Fish Tacos
Pan-seared mahi-mahi, guacamole, charred pineapple salsa, red cabbage salsa Verde, chipotle sour cream, three soft flour tortillas 24

Pan Seared Branzino
Braised artichoke and asparagus, potato gnocchi, roasted tomato vinaigrette 25

Quesadilla
Grilled flour tortilla, spinach, tomatoes, scallions, jalapeño peppers
Monterey jack cheese, guacamole, salsa, sour cream 14

Omelette of the Day
Three eggs or egg whites your way, mixed green salad or toast 15

*Can be prepared vegan upon request.

SANDWICHES AND WRAPS
Add a small frozen yogurt +$4. Toppings are extra

Forty Carrots Classic Tuna Salad
White albacore tuna, diced carrots, celery, mayonnaise or plain, seven-grain bread 15

Sonoma Chicken Salad
Chicken breast, raisins, celery, cashews, grapes, light mayonnaise, choice of bread 15

Turkey Eastsider
Roasted turkey breast, lettuce, tomato, Swiss cheese, Russian dressing, seven-grain bread 14

Salmon Burger
Fresh salmon, avocado, jalapeño peppers, lettuce, tomato, red pepper relish chipotle mayonnaise, brioche roll, roasted Yukon potatoes 21

Veggie Burger
Blend of vegetables & soybean, Swiss cheese, avocado, tomato honey Dijon dressing, mixed green salad, brioche roll 16

Sweet & Sour Chicken Wrap
Pan-seared chicken, charred pineapple, sautéed peppers & onions white rice, orange-chili-soy sauce, whole wheat wrap 16

Avocado BLT
Avocado, turkey bacon, lettuce, tomato, mayonnaise, toasted seven-grain bread 15

*There is a $10 per person minimum in the dining room from 12:00pm – 3pm. Sharing charge $10