

forty carrots

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

Chicken Noodle Soup 8

Today's Selection P/A

Mixed Green Salad 8

Tomatoes, carrots, cucumbers

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

Grilled Cheese 12

Spaghetti 12 Tomato sauce or butter

Chicken Nuggets 12

Mac & Cheese 12

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BEVERAGES

Boxed water 3

Saratoga sparkling water 3

Coffee 3

Espresso 3

Fountain soda 3

Iced coffee 4

House made lemonade 4

Shopper's brew lemonade-iced tea 4

Whole leaf tea 4

Whole leaf iced tea 4

Ghirardelli hot chocolate 4

Cappuccino 5

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

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

