

FIND OUT WHAT ALL THE FUSS IS ABOUT

Over 40 years ago, Forty Carrots introduced frozen yogurt to New York City. Today, our plain frozen yogurt is famous throughout the world and we are now serving our third generation of Forty Carrots "yogis." Try our delicious, original, low-fat plain frozen yogurt or any of our non-fat flavors. You can also enjoy our frozen yogurt in delicious smoothies.

OUR EXCLUSIVE forty carrots FROZEN YOGURT

Regular **6** Large **8**

Fruit and Nut Toppings **2**

Blueberries, blackberries, strawberries, pineapple, banana, mango, walnuts, pecans, almonds, forty carrots trail mix, chocolate-covered blueberries

Forty Carrots Classic Toppings **1**

Melba sauce, wildflower honey, rainbow sprinkles, raisins, chocolate sprinkles, mochi, shredded coconut, granola, wheat germ, mango pearls, carob chips, sun-dried cranberries, chocolate syrup, hot fudge, caramel sauce

Toppings for the Young at Heart **1**

Oreo crumbles, gummi bears, chocolate gummi bears, b&b's, Reese's peanut butter cup chunks, mini Reese's pieces, Heath bars, chocolate chip cookie dough

forty carrots FROZEN YOGURT SMOOTHIES

16 oz. **7** 24 oz. **9**

All In - frozen yogurt, almond milk, honey, banana, granola, coconut, wheat germ

Morning Blast - coffee frozen yogurt, shot of espresso, skim milk, wheat germ

Raspberry Cloud - frozen yogurt, honey, skim milk, raspberries

Banana Whisk - frozen yogurt, honey, skim milk, banana

Tropical Sunrise - frozen yogurt, honey, orange juice, pineapple, strawberries

Choconana - chocolate frozen yogurt, banana, skim milk, chocolate syrup

All smoothies can be made with soy milk or almond milk at your request.

FRESH SQUEEZED JUICES

16 oz. **7** 24 oz. **9**

Combos

A, B, C - apple, beet, carrot

Triple C - carrot, celery, cabbage

Popeye - spinach, parsley, carrot, apple

Garden Special - spinach, carrot, cucumber, beet, parsley

Sweetie - carrot, strawberry, orange

Forty Carrots Greens - spinach, kale, parsley, celery, cucumber

Crisp & Refreshing - apple, cucumber, carrot, ginger

Tropical Fruit - pineapple, orange and shredded coconut

Feel free to create your own juice blend using the ingredients below

Carrot, apple, celery, beet, parsley, spinach, cabbage, orange, kale, cucumber, ginger

bloomingdale's

forty carrots

BUNCHED LUNCH

Enjoy a small frozen yogurt plus any two of the following items:
Soup, green salad, half sandwich (not a wrap) or a small fresh squeezed juice **17**

STARTERS

Smooth Carrot Soup **7**
Hearty Chicken Noodle Soup **8**
Today's Vegetarian Selection **P/A**

Mixed green salad with tomatoes **7**

FROM THE CARROT PATCH

Selections from The Carrot Patch can be accompanied by a small Forty Carrots frozen yogurt for an additional \$4. Toppings are extra.

add to any salad chicken +4 salmon +5 or shrimp +6
substitute chicken in any salad with salmon +2 or shrimp +3

Red & Golden Beet - Goat Cheese Salad

Baby arugula with roasted red & golden beets, goat cheese and candied walnuts, drizzled with sherry vinaigrette **15**

Zorba's Chopped Salad

Chopped hearts of romaine, diced tomato, chickpeas, black olives, feta cheese, cucumbers and stuffed grape leaves. Served with lemon oregano vinaigrette and pita **14**
add chicken +4

Chicken Caesar Salad

Chopped hearts of romaine tossed with Parmesan, croutons and classic dressing **17**

Forty Carrots Chopped Salad

Baby field greens, grilled chicken, avocado, roasted red & yellow peppers, Swiss cheese, chickpeas, tomatoes, cucumbers, green beans, hard-boiled egg and our own grilled onion balsamic vinaigrette **17**

Flagship Trio Platter

A scoop each of our three favorite salads - classic tuna, Sonoma chicken and egg salad on a bed of lettuce. Served with a small Forty Carrots frozen yogurt **17**

Mango Chicken Salad

Baby field greens, grilled chicken, fresh mango, goat cheese, sun-dried cranberries and roasted walnuts with a mango vinaigrette **18**

Forty Carrots Fruit Salad

Chunks of banana, melon, grapes, berries and pineapple, topped with Forty Carrots frozen yogurt **13**

There is a \$10 per person minimum in the dining room from 11:30am – 3pm. 'Split Check' charge may apply.

FORTY CARROTS CLASSICS

Selections from Forty Carrots Classics can be accompanied by a small Forty Carrots frozen yogurt for an additional \$4. Toppings are extra.

Astoria Spinach Pie

Served with a Greek salad **16**

High Protein Vegetable Lasagna

Layers of pasta with five cheeses and vegetables, topped with a light tomato sauce, served with a mixed green salad **17**

Veggie Burger

A vegan blend of grains, soybeans and veggies on an organic brioche roll topped with melted Swiss cheese, avocado, tomato and honey dijon dressing, served with a mixed green salad **15**

Fish Tacos

Pan-seared Mahi Mahi, mango salsa, shredded cabbage, guacamole, salsa verde and chipotle sour cream in three soft flour tortillas **19**

Fresh Herbed Turkey Burger

Freshly ground turkey mixed with fresh thyme and parsley, topped with melted Swiss cheese and cranberry chutney, served with lettuce, tomato and pickle, and our carrot raisin slaw **16**

Scottish Salmon

Pan-seared filet, orange beurre blanc, bulgur wheat with chiffonade of spinach, raisins and toasted almonds, citrus-caramelized endive and carrot-ginger purée **22**

Focaccia Caprese

Fresh mozzarella, tomato and basil, served open-faced on focaccia brushed with basil oil and a drizzle of balsamic glaze, served with roasted artichoke hearts **17**

Mediterranean Pasta with Grilled Vegetables

Penne with grilled squash & zucchini, roasted artichoke hearts, fresh tomato and bulgur wheat, tossed with olive oil, garlic and Parmesan **17**
add chicken +4 add salmon +5 add shrimp +6

Quesadilla

A grilled flour tortilla filled with spinach, Monterey jack cheese, tomato, scallions and jalapeno peppers, served with guacamole, salsa and sour cream **14**
add chicken +4 add shrimp +6

Omelet of the Day

A three-egg omelet of the chef's creation, served with a mixed green salad (egg whites available at no extra charge) **14**

SANDWICHES

All on fresh, organic breads and rolls or natural flatbread. All served with carrot raisin salad. Sandwiches can be accompanied by a small Forty Carrots frozen yogurt for an additional \$4. Toppings are extra.

"No Mayo" Tuna Salad

White albacore tuna with finely diced red onion and celery, tossed with a lemon oregano vinaigrette, served on organic Kalamata olive bread **14**

Forty Carrots Classic Tuna Salad

White albacore tuna with mayonnaise, finely diced carrots and celery, served on organic seven-grain bread **14**

Sonoma Chicken Salad

Tender breast of chicken with raisins, chives, cashews and grapes in a tarragon dressing. Served on organic cranberry pecan bread **14**

Turkey Eastsider

We season and roast a whole turkey breast, slice it thick and layer with lettuce, tomato, Swiss cheese and Russian dressing. Served on organic seven-grain bread **14**

Westside Wrap

Grilled chicken, avocado, goat cheese, sun-dried cranberries, candied walnuts and a roasted red pepper aioli, wrapped in a warm flour tortilla **15**
with shrimp **17**

Avocado BLT

Avocado, turkey bacon, lettuce, tomato and mayonnaise on toasted organic seven-grain bread **14**

BEVERAGES

Cold

Boxed Water Is Better at Bloomingdale's **3**
Saratoga sparkling water **3**
Shopper's Brew - housemade lemonade and brewed iced tea **4**
Housemade Lemonade **4**
Fountain soda **3**
Iced Coffee **4**
Mighty Leaf iced teas **4**
Classic black, Tahitian green, pomegranate berry bFusions **5**

Blends of fruit, herbs and agave nectar, shaken at your table with your iced tea of choice
Asian Pear bFusion - Pureed pears combined with agave nectar and lemongrass for a sweet and citrusy lift
Very Berry Mint bFusion - Strawberries, blackberries and cherries diced and mixed with agave nectar and mint for a refreshing touch
Selection of beer **7**

Hot

Freshly brewed Bloomingdale's Blend coffee **3**
Ghirardelli hot chocolate **4**
Espresso **3** Cappuccino **4**
Selection of Mighty Leaf teas **3**

Invigorating – Organic Bre akfast - a robust wide-awake blend of organic black teas - our take on English Breakfast

Balancing – Orange Dulce - rich black tea with orange, vanilla and jasmine blossoms

Awakening – Bombay Chai - black tea with subtle hints of orange, cinnamon, cardamom, pepper and clove

Energizing – Green Tea Tropical - smooth green tea leaves blended with sweet tropical fruits

Anti-aging - White Orchard White Tea - melon and peach blended with the delicate notes of pure China white tea leaves

Calming - Chamomile Citrus - soothing Egyptian chamomile flowers mingle with lemongrass, rosehips and subtle slices of citrus for a soothing cup (no caffeine)

Slimming - Organic African Nectar - African rooibos leaves team with notes of vanilla, mango and blossoms (no caffeine)

Ask your server for today's dessert selections.

KIDS' MENU

For ages 12 and under

Served with a fountain soda, small juice or milk and a small size frozen yogurt **10**

Choice of
Grilled Cheese
Tuna Salad Sandwich
Mac and Cheese
Baked Chicken Fingers
Focaccia Pizza
Spaghetti with Tomato Sauce or Butter