

BUNCHED LUNCH

25

Choice of soup or small salad or fresh juice plus Daily or Bistro Special Entrée plus small frozen yogurt

START HERE

Smooth Carrot Soup 5 / 7
our own recipe, with a hint of fresh squeezed orange juice

Hearty Chicken Noodle Soup 5 / 7
fortified with parsnip and fresh dill

Fresh Soup of the Day - P/A

OUR TOASTS

Avocado, sprouts, watermelon radish, lime cilantro drizzle, multigrain 12

Smoked salmon, Creme Fraiche, capers, red onions, pumpernickel 14

Burratta, Roma tomatoes, fresh basil, balsamic drizzle, flatbread 13

Veggie Poke Bowl 14

Artichoke hearts, grilled asparagus, kale, avocado, quinoa & couscous mix with Ko Chu Jang vinaigrette

Local Field Salad 8

Baby spinach, arugula, tomatoes, cucumbers, Kalamata olives, dressing of choice

FROM THE FIELDS

Selections From The Fields can be accompanied by a small
Forty Carrots frozen yogurt for an additional 4 Toppings are extra

Top any salad: chicken +4 salmon or tuna +5 or shrimp +6

Forty Carrots Chopped Salad 17

Field greens, grilled chicken, avocado, roasted red and yellow peppers, Swiss cheese, chickpeas, tomatoes, cucumbers, green beans, hard boiled egg and balsamic vinaigrette

Zorba Salad 14

Chopped hearts of Romaine, diced tomatoes, chickpeas, Kalamata olives, Feta cheese, cucumbers, stuffed grape leaves, lemon oregano vinaigrette

Red & Golden Beet Salad 16

Baby arugula, roasted red & golden beets, goat cheese, candied walnuts and sherry vinaigrette, drizzled with a honey beet reduction

Mango Chicken Salad 18

Field greens, grilled chicken, diced mango, goat cheese, sun-dried cranberries, candied walnuts and mango vinaigrette

Poke Trio Platter 22

Classic Limu | Ahi, scallions, ginger, chili, soy sauce

Kim Chee Shrimp | Grilled garlic shrimp, kim chee, Maui onion

Veggie | Artichokes, asparagus, scallions, ginger and Ko Chu Jang vinaigrette

Mediterranean Ahi Bowl 21

Grilled Ahi, organic pearled Italian farro, spinach, artichoke hearts, tomatoes, cucumbers, Kalamata olives, avocado, Feta cheese and lemon oregano vinaigrette

All soups and salads accompanied by freshly baked sea salt focaccia by
BREADBAR Bake Studio.

FORTY CARROTS FASHIONS

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

Herbed Turkey Meatloaf 17

Prepared with house blend ground turkey, fresh herbs and spices, served with gravy, parsnip puree and steamed broccoli

Crab and Avocado Duet 22

Timbale of wild-caught lump crab atop avocado, served with sea salt focaccia, sliced cucumber, diced tomato, shaved watermelon radish, micro greens, lemon oregano vinaigrette

Quesadilla 14

Grilled flour or corn tortilla filled with spinach, Monterey Jack cheese, tomatoes, scallions and jalapeno peppers, served with guacamole, salsa and sour cream
add chicken +4 add shrimp +6

Farfalle Aglio e Olio 14

Sautéed kale, sun dried tomatoes and shaved Romano cheese tossed with bowtie pasta and an olive oil garlic sauce
add chicken +4 add shrimp +6

½ Herb Roasted Chicken 19

Oven roasted sage rubbed chicken served with sautéed fingerling potatoes and grilled asparagus

Salmon and Farro 20

Pan-seared filet, parsnip puree, organic pearled Italian farro with roasted apples, golden raisins and toasted pecans, whole grain mustard sauce

HAND HELD

Selections from Hand Held can be accompanied by a small Forty Carrots frozen yogurt for an additional 4
All sandwiches are served with side of carrot-raisin salad

Forty Carrots Classic Tuna 14

Albacore tuna with celery, grated carrots, mayonnaise on toasted multigrain bread

Sonoma Chicken Salad 14

Tender breast of chicken with golden raisins, chives, cashews & grapes in a tarragon dressing on walnut-raisin bread

Avocado Turkey Club 15

Oven roasted, thinly-sliced turkey breast, crisp turkey bacon, avocado, Swiss cheese, mayonnaise on toasted Alpine cheese bread

Spicy Shrimp Wrap 18

Seared shrimp, mango, jicama, black beans, red onions, Romaine, chipotle lime vinaigrette wrapped in a warm tomato basil flour tortilla

Veggie Chimichurri Wrap 14

Grilled zucchini, yellow squash, artichoke hearts, roasted bell pepper, field greens, goat cheese and chimichurri aioli wrapped in a warm spinach tortilla

Tangy Chicken Wrap 15

Pan seared chicken breast in orange-chili-soy sauce, charred pineapple, sautéed bell pepper & onions, baby spinach wrapped in a warm flour tortilla

TML Melt 16

Pan melt of turkey meatloaf topped with creamy Jack cheese and caramelized onions on grilled rosemary focaccia

BISTRO SPECIALS

Monday: Stuffed Avocado En Croute 17

Large Hass avocado stuffed with poached eggs, crusted with crumbled turkey bacon, wrapped and baked in puff pastry, served with side of field green salad

Tuesday: Ahi Tacos 19

Seared Ahi, jicama slaw, housemade guacamole, pico de gallo and chipotle sour cream in three soft flour or corn tortillas

Wednesday: Stuffed Baked Potato 12

Large baked potato filled with broccoli, crumbled turkey bacon, cheddar cheese and sour cream, with side of field green salad

Thursday: Seafood Pot Pie 18

Golden puff pastry filled with pan seared market fish and shrimp, assorted vegetables in a sherry cream sauce

Friday: Fish & Chips 17

Cornflake crusted baked market fish, fresh herbed roasted potatoes, cole slaw, tartar sauce

Saturday & Sunday: Caprese Whole Grain Bowl Con Uovo 16

Organic pearled Italian farro, bulgur wheat, Roma tomatoes, avocado, fresh burrata cheese, kale topped with two fried eggs

KIDS' MENU

For ages 12 and under

Served with a fountain soda or milk and a small size frozen yogurt 11

Choice of

Pizza Bagel

Grilled Cheese

Turkey meatballs and Spaghetti

Baked Chicken fingers and potato wedges

BEVERAGES

Cold

Boxed Water is Better at Bloomingdale's 3

Whole leaf iced tea 3

Passion Fruit, Blackberry Jasmine

Housemade Lemonade 3.5

Shopper's Brew-lemonade and brewed iced tea 3.5

San Pellegrino sparkling water 3

Soft Drinks 2.5

Hot

Bloomingdale's Blend Coffee 2.5

Ghirardelli hot chocolate 3

Espresso 2.5

Cappuccino/Latte 3.5

Café Mocha 4

Selection of whole leaf teas 3

We are featuring a curated dessert program from Sweet Lady Jane.

FIND OUT WHAT ALL THE FUSS IS ABOUT

Over 45 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." We hope you'll try our delicious, original, low-fat plain frozen yogurt or any of our non-fat flavors. You can also enjoy our frozen yogurt in our delicious smoothies.

OUR EXCLUSIVE forty carrots FROZEN YOGURT

Regular 6 Large 8

Fruit and Nut Toppings 2 each

Blueberries, raspberries, strawberries, pineapple, banana, walnuts, pecans, almonds

Forty Carrots Classic Toppings 1 each

Melba Sauce, chocolate syrup, wildflower honey,
rainbow sprinkles, golden raisins, sun-dried
cranberries, shredded coconut, granola, B&B's

Toppings for the Young at Heart 1 each

Gummy bears, Oreo Crumbles, Malted Milk Balls, chocolate
covered gummy bears, mini Reese's pieces, chocolate sprinkles

forty carrots FROZEN YOGURT SMOOTHIES

16 oz. 7 24 oz. 9

All In - Frozen yogurt, almond milk, honey, strawberries, banana, granola, coconut

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

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

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

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

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

Pino Colada - frozen yogurt, honey, skim milk, pineapple, coconut

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

FRESH SQUEEZED JUICES

16 oz. 7 24 oz. 9

A,B,C - apple, beet, carrot

Lean Green - kale, spinach, celery, cucumber, green apple

Veggie Madness - carrot, kale, apple, celery, cucumber

Up Beet - red beet, cucumber, carrot, orange juice

Beet Buzz - red beet, apple, lemon, ginger

Body Toner - spinach, parsley, carrot, apple

Sweet & Bright - pineapple, orange, ginger

Immune Booster - carrot, beet, apple, strawberry, kale

Feel free to create your own juice blend using these ingredients: carrot, apple, celery, beet,
parsley, spinach, lemon, orange, kale, cucumber, ginger, pineapple, strawberry

WHOLE LEAF TEAS

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

Organic Earl Grey - perfection of a classic - Gold tips of rich organic tea leaves
blended with a twist of deep first press bergamot oil

Organic Spring Jasmine - Chinese green tea leaves scented with the intoxicating aroma of Arabian jasmine blossom

Cherry Lemon - green tea with cheerful cherry and zesty lemon

Chamomile Citrus - soothing Egyptian chamomile flowers mingle with lemongrass, rosehips and subtle slices of citrus

Organic Verbena Mint - an herbal infusion of French verbena leaves blended with sweet tropical fruits

Wild Berry Hibiscus - a vibrant and sweet herbal infusion of tart hibiscus blended with a lush mix
of elderberries and flavors of ripe fruits