

forty  carrots

BUNCHED LUNCHES

15

Enjoy a small frozen yogurt plus any two of the following items:
Soup, green salad, half sandwich or a small fresh squeezed juice

STARTERS

Bowl of soup **6**
Smooth carrot
Hearty chicken noodle
Today's Selection

Mixed green salad with tomatoes and Bermuda onion **6**

FROM THE CARROT PATCH

Selections from The Carrot Patch can be accompanied by a small Forty Carrots frozen yogurt for an additional \$3.
Toppings are extra.

add chicken +4 salmon +5 or shrimp +6 to any salad

Available Dressings: Lemon Oregano Vinaigrette, Fat-free Raspberry Vinaigrette, Low-fat Ranch, Sesame Ginger, Vidalia Onion Balsamic Vinaigrette, Mango Vinaigrette, Caesar, Russian, Honey Dijon

Zorba's Chopped Salad

Romaine lettuce, diced tomato, chickpeas, black olives, feta cheese, cucumbers and stuffed grape leaves. Served with lemon oregano vinaigrette and pita **14**

Zesty Bean & Grilled Chicken Salad

Kale, spinach, grilled chicken, navy, black & pinto beans, haricots verts, avocado, roasted red & yellow peppers, corn, Bermuda onion, cilantro and lemon oregano vinaigrette **16**

Forty Carrots Chopped Salad

Seasonal mixed greens, grilled chicken, avocado, roasted red & yellow peppers, Alpine Lace low-fat Swiss cheese, chickpeas, tomatoes, cucumbers, haricots verts, hard-boiled egg and our own Vidalia 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 **15**

Mango Chicken Salad

Mixed greens, grilled chicken, fresh mango, goat cheese, sun-dried cranberries and roasted walnuts with a mango vinaigrette **17**

FORTY CARROTS CLASSICS

Selections from Forty Carrots Classics can be accompanied by a small Forty Carrots frozen yogurt for an additional \$3. Toppings are extra.

Astoria Spinach Pie

Served with a Greek salad **15**

Forty Carrots Fruit Salad

Chunks of banana, melon, grapes, berries and pineapple, topped with cottage cheese or Forty Carrots frozen yogurt **12**

High Protein Vegetable Lasagna

Layers of pasta with five cheeses and vegetables, topped with a light tomato sauce, served with a mixed green salad **14**

Veggie Burger

A no-meat taste treat on an organic brioche roll with ranch dressing, tomato and Alpine Lace low-fat Swiss cheese. Served with a mixed green salad **13**

Aegean Salmon and Quinoa

Grilled salmon served with sautéed kale and an organic quinoa and couscous medley with dried figs & cranberries **20**

Fresh Herbed Turkey Burger

Freshly ground turkey mixed with fresh thyme and parsley, topped with avocado and melted Alpine Lace low-fat Swiss cheese, served with lettuce, tomato and pickle, and our carrot raisin slaw **14**

Grilled Portobello & Goat Cheese Melt

Jumbo Portobello mushroom cap filled with roasted vegetables and goat cheese, served open-faced on grilled Ciabatta, with baby arugula and a balsamic glaze **15**

Quesadilla

A grilled flour tortilla filled with spinach, Monterey jack cheese, tomato, scallions and jalapeno peppers, served with guacamole, salsa and sour cream **13**
add chicken +4 add shrimp +6

Omelet of the Day

A three-egg omelet with today's seasonal ingredients, served with a mixed green salad (egg whites available at no extra charge) **14**

SANDWICHES

All served with carrot-raisin salad on fresh organic breads and rolls or natural pita. Sandwiches can be accompanied by a small Forty Carrots frozen yogurt for an additional \$3. Toppings are extra.

"No Mayo" Tuna Salad

White Albacore tuna, minced Bermuda onion and celery, combined with a light lemon oregano vinaigrette. Served on organic Kalamata olive bread **13**

Forty Carrots Classic Tuna Salad

Line-caught white meat tuna with celery, grated carrots, mayonnaise and sprouts. Served on organic seven-grain bread **13**

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

Thin-sliced white meat turkey, lettuce, tomato, Alpine Lace low-fat Swiss cheese and Russian dressing. Served on organic seven-grain bread **14**

Laguna Wrap

Grilled chicken, avocado, Alpine Lace low-fat Swiss cheese, dried figs, dried cranberries, roasted walnuts and a roasted red pepper aioli, wrapped in a warm flour tortilla **15**

Southwestern Shrimp Wrap

Grilled cayenne-spiced shrimp, chopped kale, spinach, corn, navy, black & pinto beans, pico de gallo and a low-fat ranch dressing, wrapped in a warm flour tortilla **16**

BEVERAGES

Cold

Boxed Water Is Better at Bloomingdale's **3**

Shopper's Brew - fresh lemonade and brewed iced tea **3**

Soft drinks **3**

Saratoga sparkling water **3**

Selection of beer **7**

Mighty Leaf iced teas **3**

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

Hot

Freshly brewed Bloomingdale's blend coffee **3**

Ghirardelli hot chocolate **4**

Espresso **3** Cappuccino **4**

Selection of Mighty Leaf teas **3**

Invigorating - *Organic Breakfast* - 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 teem with notes of vanilla, mango and blossoms (no caffeine)

DESSERTS

Chocolate cake **6**

Carrot cake **6**

NY Cheesecake **6**

Key Lime pie **7**

Seasonal mixed fresh berries (market price)

(anything a la mode with Forty Carrots frozen yogurt add **2**)

KIDS' MENU

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

Choice of

Grilled Cheese

Tuna Salad on a Pretzel Roll

Kids Omelet

Mac and Cheese

Baked Chicken Fingers

FIND OUT WHAT ALL THE FUSS IS ABOUT

Over 35 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 delicious smoothies.

OUR EXCLUSIVE forty carrots FROZEN YOGURT

Regular **5** Large **7**

With fruit or nuts **2**

Blueberries, strawberries, pineapple, banana, mango, walnuts, pecans, almonds, sunflower seeds, 40 Carrots trail mix, chocolate-covered pomegranate seeds, chocolate-covered goji berries

Forty Carrots Classic Toppings **1**

Melba sauce, wildflower honey, rainbow sprinkles, raisins, chocolate sprinkles, shredded coconut, granola, carob chips, sun-dried cranberries, chocolate syrup, hot fudge

Toppings for the Young at Heart **1**

Oreo crumbles, gummi bears, malted milk balls, chocolate gummi bears, b&b's, Reese's Peanut Butter Cup chunks, mini Reese's Pieces, butterfingers, heath bars, chocolate crispies

forty carrots FROZEN YOGURT SMOOTHIES

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

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

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