

# forty carrots

## OUR EXCLUSIVE FORTY CARROTS FROZEN YOGURT

Regular 6 Large 7.50

### Forty Carrots Premium Toppings

Chocolate-covered pomegranate seeds, blueberries, strawberries, pineapple, banana, mango, raspberries, walnuts, almonds or 40 Carrots trail mix 2 each

### Forty Carrots Classic Toppings

Melba sauce, wildflower honey, rainbow sprinkles, chocolate sprinkles, shredded coconut, granola, carob chips or golden raisins 1 each

### Toppings For the Young at Heart

Oreo crumbles, gummi bears, malted milk balls, chocolate covered gummi bears, b&b's, Reese's Peanut Butter Cup chunks or Heath Bar 1 each

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## 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.

Before placing your order, please inform your server if a person in your party has a food allergy.

## PERFECT PAIRINGS

Soup and half sandwich or

Soup and today's salad or

Half sandwich and today's salad 12

## STARTERS

Bowl of soup 6

Chicken Noodle or Carrot Soup

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## FORTY CARROTS SANDWICHES

### Organic Pretzel Stick Sandwich

A different healthy selection each day 7.25

### Forty Carrots Tuna Salad

Line caught white meat tuna with celery, grated carrots and mayonnaise on organic seven grain bread 10.50

### Turkey East-Sider

Thin sliced roasted turkey breast, bibb lettuce, tomato, Alpine lace low-fat Swiss cheese and Russian dressing served on organic seven grain bread 11.50

### Sonoma Chicken Salad

Tender breast of chicken with golden raisins, chives, cashews and grapes in a tarragon dressing on organic cranberry pecan bread 10.50

## FORTY CARROTS SALADS

### Zorba's Greek Salad

Romaine lettuce, stuffed grape leaves, diced tomato, chickpeas, black olives, Feta cheese, cucumbers with lemon oregano vinaigrette 12.50

### Caesar Salad

Hearts of romaine tossed with our own Caesar dressing and herbed croutons and topped with grilled chicken 11.50

### Forty Carrots Chopped Salad

Romaine lettuce, radicchio, hard-boiled egg, tomatoes, goat cheese, cucumber, grilled chicken and Forty Carrots balsamic vinaigrette 12.75

### Mango Chicken Salad

Mixed greens, grilled chicken, fresh mango, goat cheese, sun-dried cranberries and fire roasted walnuts with a Mango Vinaigrette 12.75

### Flagship Trio Platter

A scoop of each of our three favorite salads: Forty Carrots tuna salad, Sonoma chicken and egg salad on a bed of greens 12.75

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## FRESH OFF THE PRESS

Served warm from the grill

Grilled chicken breast sliced, melted Alpine lace low-fat Swiss cheese, sliced avocado, with ranch dressing on organic ciabatta bread 12.75

Roasted turkey breast with Brie cheese with cranberry chutney on organic cranberry pecan bread 12.75

### Quesadilla

A warm flour tortilla filled with fresh spinach, diced tomatoes, scallions, jalapeño peppers and Monterrey Jack cheese 12.25 with diced chicken breast 13.75

## BEVERAGES

### HOT

100% Colombian Coffee - regular or decaf 2.25 / 2.75

Espresso 3.25

Latte or Cappuccino 4.50

Steamed Ghiradelli Hot Chocolate 4.50

Selection of Teas from Mighty Leaf 3

Invigorating Organic Breakfast- a robust blend of organic black teas

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

Awakening -Bombay Chai-black tea with hints of orange, cinnamon, cardamon, pepper and clove

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

Anti-Aging White Orchard Tea- melon and peach blended with the delicate note of china white tea

Calming- Chamomile Citrus- Egyptian chamomile with lemon grass, rosehips and subtle slices of citrus

Slimming- Organic African Nectar-African Rooibos leaves with notes of vanilla, mango and blossoms

### COLD

Shoppers Brew: half fresh lemonade and iced tea 3.50 / 4.50

Fresh Orange Juice or Lemonade 4

Fresh Brewed Iced Coffee - regular or decaf 2.75 / 3.75

Mighty Leaf Iced Tea 3 / 4

Boxed Water is Better at Bloomingdale's 3

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## FRESH SQUEEZED JUICES

16 oz. 7 24 oz. 9

carrot, apple, celery, beet, parsley,  
spinach, cabbage, orange

### Combos

A, B, C – apple, beet, carrot

Triple C – carrot, celery, cabbage

Popeye – spinach, parsley, carrot, apple

Garden Special – spinach, carrots, cucumber, beet, parsley

Sweetie – carrot, strawberry, orange

Forty Carrots Greens – spinach, kale, parsley,  
celery, cucumbers

Feel Free To Create Your Own Juice Blend

## DESSERTS

Our Famous Carrot Cake 6.25

Fresh Baked Muffins 2.25 / 3.25

Traditional Pound Cake 4

Heavy Crumb Cake 4

Fresh Baked Cookies 3.25

Assorted Biscotti 2

Fudge Brownie 4

Yogurt Parfait 6.50

Fresh Fruit Cup 6.50