

KIDS' MENU

For ages 10 and under

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

Choice of:

Grilled Cheese
Junior Omelette
Mac and Cheese
Baked Chicken Fingers

BEVERAGES

Cold

Boxed Water is Better at Bloomingdale's 3
Whole leaf iced tea 3
Soft drinks 3
Housemade Lemonade 3.50
Shopper's Brew-lemonade and brewed iced tea 3.50
Voss sparkling 4

Hot

Bloomingdale's Blend Coffee 3
Ghirardelli hot chocolate 4
Espresso 3.50
Cappuccino/Latte 5
Café Mocha 4
Selection of whole leaf teas 3

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 FROZEN YOGURT

Regular 6 Large 8

Fruit and Nut Toppings 2

Fresh strawberries, banana, walnuts, pecans,
almonds, chocolate-covered pomegranate seeds

Forty Carrots Classic Toppings 1

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

Toppings for the Young at Heart 1

Oreo crumbles, gummi bears, Reese's peanut butter cup chunks, B&Bs
Mini Reese's pieces, chocolate chip cookie dough, chocolate brownie crumbles

bloomingdale's

forty carrots

LUXE LUNCH

Enjoy a Bistro or Daily special with your choice of soup, salad or small juice with a small frozen yogurt 29
Add a glass of wine 7

BUNCHED LUNCH

Enjoy a small frozen yogurt plus any two of the following items:
Soup, green salad, half sandwich (not a wrap) 19

STARTERS

Hearty Chicken Noodle Soup 7
Today's vegetarian selection 7

OUR TOASTS

Suggested wine selections for all menu items are highlighted in red
Avocado, Sprouts, Watermelon Radish, Lime Cilantro Drizzle, Multigrain 12
Fritsch 'Windspiel' Gruner Veltliner
Smoked Salmon, Creme Fraiche, Capers, Red Onions, Pumpernickel 14
Owen Roe (Chardonnay)
Burratta, Roma Tomatoes, Fresh Basil, Balsamic Drizzle, Flatbread 13
Fattori Mellini (Chianti)

FROM THE FIELDS

Selections from The Carrot Patch can be accompanied by a small Forty Carrots frozen yogurt for an additional \$4.
Toppings are extra. Add chicken +5 shrimp +6 Ahi tuna +7 salmon +7
Available Dressings: Lemon Oregano Vinaigrette, Lemon Shallot Vinaigrette, Low-Fat Ranch,
Sesame Ginger, Balsamic Vinaigrette, Mango Vinaigrette, Caesar.

Shrimp & Kale Salad

Baby kale, marinated grilled shrimp, butternut squash, mixed berries, toasted pine nuts,
tomatoes, baked crispy Romano cheese, and honey-basil vinaigrette 19
Entre Deux Mers (Bordeaux Blanc)

Blue Apple Ahi Plate

Pan seared skewer of Ahi tuna, mixed greens, diced apples, caramelized pecans,
seasonal berries, Gorgonzola cheese and a strawberry balsamic vinaigrette 20
Owen Roe (Chardonnay)

Forty Carrots Chopped Salad

Chopped greens, grilled chicken breast, avocado, chopped eggs, tomato, cucumber, turkey bacon,
butternut squash, baked tri colored quinoa with a sherry vinaigrette 17
Fritsch 'Windspiel' Gruner Veltliner

Red & Golden Beet

Baby arugula, roasted red & golden beets, goat cheese, candied walnuts and
sherry vinaigrette drizzled with honey-beet reduction 16
Conti Formentini (Pinot Grigio)

Flagship Trio Platter

A scoop each of our three favorite salads - classic tuna,
Sonoma chicken and egg salad on a bed of lettuce 18
Entre Deux Mers (Bordeaux Blanc)

Mango Chicken Salad

Mixed greens, grilled chicken, fresh mango, goat cheese, sun-dried cranberries
and roasted walnuts with a mango vinaigrette 18
Entre Deux Mers (Bordeaux Blanc)

Zorba's Chopped Salad

Chopped Romaine lettuce, Mediterranean marinated chicken breast, sliced tomatoes, chickpeas,
Kalamata olives, crumbled Feta cheese, cucumber ribbons and stuffed grape leaves. Served with
lemon oregano vinaigrette and grilled pita bread 17
Conti Formentini (pinot grigio)

Vegetable burger salad

Our classic vegetable burger, spinach, avocado, pepperonata, baked tri-colored quinoa, roasted tomato,
cucumber ribbons, balsamic vinaigrette 15
Old Parcel (Pinot Noir)

Our restaurant uses trans-fat free oil in all food preparations. Forty Carrots Frozen Yogurt
is available in hard pack to take home Food allergies? - If you have a food allergy
please speak to your server or manager. \$10 share charge

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.

Salmon and Wheatberries

Pan-seared filet with wheat berries, roasted apples, golden raisins and
toasted pecans whole grain mustard sauce 21
Owen Roe (Chardonnay)

Chitarra Aglio e Olio

Sautéed kale, oven roasted tomatoes, baked crispy Romano cheese tossed
with spaghetti in an olive oil garlic sauce 14
Add chicken + 5 shrimp + 6
Fattori Mellini (Chianti)

Mediterranean Bowl

Pan seared marinated skewer of Ahi tuna, wheat berries, spinach, sliced Roma tomatoes, marinated artichoke,
pepperonata, Kalamata olives, roasted eggplant, feta cheese, red wine vinaigrette 21
Araucano (Cabernet Sauvignon)

Quinoa Mushroom Bowl

Tri-color quinoa, pan seared wild mushrooms, roasted butternut squash,
tomatoes and fresh spinach, vegetable broth 17
Old Parcel (Pinot Noir)

Quesadilla

A grilled flour tortilla filled with spinach, tomato and Monterey Jack cheese
served with guacamole, salsa and sour cream 14 add chicken +5 add shrimp +6
El coto, Rioja (Crianza)

Omelette

Local free range egg omelette with your choice of Brie cheese, apples, spinach, Feta cheese,
mushrooms, tomatoes or braised kale served with baked potato wedges
(egg whites available) 16
Laurent Miquel (Rose)

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HAND HELD

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

Sonoma Chicken Salad

Tender breast of chicken with raisins, cashews, grapes and lemon tarragon dressing on raisin-walnut bread 17
Owen Roe (Chardonnay)

Forty Carrots Classic Tuna Salad

White albacore tuna with finely diced carrots, celery and mayonnaise on seven-grain bread 16
Entre Deux Mers (Bordeaux Blanc)

"No Mayo" Tuna Salad

White albacore tuna with finely diced celery and lemon-oregano
vinaigrette on Kalamata olive bread. 16
Fritsch 'Windspiel' Gruner Veltliner

Turkey Melt

Hand carved grilled turkey breast with cranberry-walnut chutney, Brie cheese on
grilled rosemary Pana di Casa bread with baked potato wedges 17
Owen Roe (Chardonnay)

Torta de Fuego

Grilled chicken breast with salsa, guacamole, pepper Jack cheese and
Cajun aioli on seven-grain bread served with baked potato wedges 17
Conti Formentini (Pinot Grigio)

Forty Carrot ABLT

Avocado, turkey bacon, lettuce, tomato and seasoned mayonnaise on toasted organic seven-grain bread 18
Old Parcel (Pinot Noir)

Vegetable Melt

Grilled portabello mushroom roasted peppers, broccoli, onions, sliced tomato,
mozzarella cheese and basil spread, served with baked potato wedges 16
Chateau roc de lavraut (Bordeaux Rouge)

BISTRO SPECIALS

Monday: Gnocchi Con Verdura - Homemade fresh potato dumplings, roasted tomatoes, eggplant, broccoli, wild mushrooms
and butternut squash, basil sauce 18 **Fattori Mellini (Chianti)**

Tuesday: Grilled Branzino - Pan seared Branzino filet, butternut squash purée, quinoa, roasted tomato, spinach and
mushrooms with a lemon vinaigrette 21 **Entre Deux Mers (Bordeaux Blanc)**

Wednesday: Salmon Burger - Pan seared salmon burger, roasted tomato, arugula, warm biscuit, avocado salsa, chipotle-lime
crema and grated Cheddar cheese. Potato wedges 19 **Owen Roe (Chardonnay)**

Thursday: Ahi Tuna - Marinated grilled of skewer Ahi tuna, eggplant Caponata, roasted tomato salsa verde, parsnip crisp 23
Conti Formentini (Pinot Grigio)

Friday: Seafood Cavatelli - Sautéed shrimp, chopped clams, calamari and tomato concassé
with little folded pasta shells Served in a saffron fume with garlic crostini 27 **Conti Formentini (Pinot Grigio)**

Saturday & Sunday: Smoked Salmon Avocado Salad - With arugula, grape tomatoes, pickled red onion, cucumber, sliced
egg and a caper yogurt dressing. Bagel crostini 22 **Owen Roe (Chardonnay)**

Maine Crab Cake - with a fennel citrus slaw tossed in a Champagne vinaigrette, served with oven roasted fingerling potatoes
and a lemon aioli 25 **Fritsch 'Windspiel' Gruner Veltliner**

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