

# BUNCHED LUNCH

Enjoy a small frozen yogurt plus any two of the following items:  
Soup, green salad, half sandwich or a 16oz fresh squeezed juice 18

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## STARTERS

Carrot Soup 8  
Hearty Chicken Noodle Soup 8  
Today's Chefs Special 8  
Mixed green salad 7

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## 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 to any entree salad chicken +4 salmon or shrimp +6  
substitute chicken with salmon +4 or shrimp +5

### Rainbow Salad

Jumbo grilled shrimp, baby arugula, roasted red & gold beets, goat cheese, candied walnuts and sherry vinaigrette, drizzled with a honey-beet reduction 20

### Zorba's Chopped Salad

Chopped hearts of romaine, diced tomato, chickpeas, Kalamata olives, feta cheese, cucumbers, stuffed grape leaves, lemon oregano vinaigrette and pita 17

### Blue Apple Ahi Plate

Pan seared ahi tuna, mixed greens, avocado, tomato, citrus segments, toasted almonds, crunchy wontons, sesame ginger vinaigrette 21

### Forty Carrots Chopped Salad

Chopped hearts of romaine, grilled chicken, avocado, roasted red & yellow peppers, Swiss cheese, chick peas, tomatoes, cucumbers, green beans, hard-boiled egg and balsamic vinaigrette 19

### Flagship Trio Platter

A scoop each of our three favorite salads – classic tuna, Sonoma chicken and egg salad - on a bed field greens, shredded carrots and heirloom tomatoes served with a small Forty Carrots frozen yogurt 19

### Mango Chicken Salad

Field greens, grilled chicken, fresh mango, goat cheese, sun-dried cranberries, candied walnuts and mango vinaigrette 19

### Mediterranean Quinoa Bowl

Grilled Atlantic salmon, white quinoa, spinach, tomatoes, cucumbers, Kalamata olives, avocado, feta cheese, hummus, roasted red pepper vinaigrette 22

# FORTY CARROTS FASHIONS

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

## Maine Crab Cake

Pan seared crab cake, seasoned avocado, chipotle sauce, tomato, baby arugula, shaved onion, citrus segments, jalapeno tartar sauce 22

## Aegean Salmon

Pan seared Atlantic salmon over sautéed kale and couscous, topped with a cranberry fig reduction 22

## Roasted Vegetable Melt

Our classic veggie burger, served open faced on toasted ciabatta with roasted pepper, grilled zucchini, squash, Swiss cheese, arugula pesto. Served with house made potato chips 16

## Shrimp Tacos

Grilled shrimp, mango slaw, pico de gallo, guacamole, sour cream, flour tortillas and cilantro rice 20

## Salmon Burger

House made with, shallots and capers, on a brioche roll with lettuce, tomato, red onion, creamy dill sauce, served with seasoned fries 19

## Brunch Burger

Angus short rib chuck blend hamburger, bacon, fried egg, and american cheese on a brioche bun served with fresh chips 18

## Veggie Burger

Meatless burger, lettuce, tomato, Swiss cheese, chipotle aioli, on a brioche roll, served with carrot-raisin salad 16

## Fresh Herb Turkey Burger

Freshly ground turkey mixed with fresh thyme and parsley, topped with smashed avocado and Swiss cheese, chipotle pesto, served with lettuce, tomato, and carrot-raisin salad 17

## Quesadilla

A grilled flour tortilla filled with spinach, Monterey jack cheese, tomato, scallions and jalapeño peppers, served with guacamole, salsa and sour cream  
chicken 18 shrimp 20

## Omelet of the Day

A three-egg omelet of the chef's creation, served with a mixed green salad 16  
( egg whites 2 )

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

# HAND HELDS

All on fresh artisanal breads, rolls and flatbread. All served with lettuce, tomato and 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 celery, minced red onions and lemon oregano vinaigrette on Kalamata olive bread 16

### Forty Carrots Classic Tuna Salad

White albacore tuna with finely diced carrots, celery and mayonnaise on seven-grain bread 16

### Sonoma Chicken Salad

Tender breast of chicken with raisins, cashews, grapes, chives in a tarragon dressing on walnut raisin bread 16

### Egg Salad Sandwich

Our classic egg salad on a brioche roll 16

### Turkey Eastsider

Roasted white meat turkey thin sliced, lettuce, tomato,  
Swiss cheese and Russian dressing, on seven-grain bread 16

### Three Angus Beef Sliders

Three Angus beef burgers with crispy bacon and American cheese,  
served on toasted mini brioche buns with seasoned french fries 18

### Blackened Chicken Panini

Blackened grilled chicken on hand-stretched naan bread with Muenster cheese, red onion, spinach and chipotle aioli,  
served with house made chips 18

### Laguna Wrap

Grilled chicken, avocado, Swiss, dried fig and cranberry chutney with roasted pepper aioli wrapped in a warm whole wheat tortilla  
served with house made chips 18

### Turkey Cranberry Panini

Thin sliced turkey breast, Swiss cheese, cranberry spread,  
on hand stretched naan bread, served with carrot-raisin salad 17

### Shrimp Wrap

Grilled jumbo shrimp, avocado, jalapeno tartar sauce, pico de gallo and mixed greens  
wrapped in a whole wheat tortilla and served with house made chips 20

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## BEVERAGES

### Cold

Mighty leaf iced teas 3  
Classic black, Tahitian green, pomegranate berry  
Saratoga sparkling water 3  
Fountain soda 3  
House made lemonade 4  
Bloomingdale's Blend iced coffee 3  
Shopper's Brew – House made lemonade and brewed iced tea 4  
Bloomingdale's water 3

### Hot

Bloomingdale's Blend coffee 3  
Ghirardelli hot chocolate 4  
Selection of whole leaf teas 3  
Espresso – single 3.5, double 5  
Cappuccino or Café Latte 5  
**Flavored syrups available 2**

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## DESSERTS

Chocolate lava cake 6

Carrot cake 6

NY Cheesecake 6

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## KIDS' MENU

*Youngsters Under 10*

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

Grilled Cheese  
Tuna Salad Sandwich

Mac and Cheese

Kids Pizza

Kids Cheese Quesadilla  
Chicken Fingers

## 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 each

Blueberries, strawberries, pineapple, banana, mango, walnuts, pecans,  
almonds, walnuts, chocolate-covered pomegranate seeds

Forty Carrots Classic Toppings 1 each

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

Toppings for the Young at Heart 1 each

Oreo crumbles, gummi bears, chocolate covered gummi bears, b&b's,  
Reese's peanut butter cup chunks, Reese's pieces

## FROZEN YOGURT SMOOTHIES

16 oz. 8 24 oz. 10

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, Melba sauce

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

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

Pink Monkey – frozen yogurt, banana, strawberries, skim milk

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

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## FRESH SQUEEZED JUICES

16 oz. 8 24 oz. 10

A, B, C – apple, beet, carrot

Local Garden – spinach, carrot, cucumber, beet, parsley

Forty Greens – spinach, kale, parsley, celery, cucumber

Crisp & Refreshing – apple, cucumber, carrot, ginger

Body Toner – spinach, parsley, carrot, apple

Perfect Combo – cucumber, carrot, beet

Immune Booster – carrot, celery, apple, beet, parsley

Fresh Pressed Orange or Pineapple Juice

16 oz. 9.50 24 oz. 10.50

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