

forty carrots

SALADS

Chopped Salad

Romaine, hard – boiled egg, cucumbers, tomatoes,
Swiss cheese, balsamic vinaigrette 13

Zorba's Salad

Baby field greens, grape tomatoes, chickpeas, black olives, goat
cheese, stuffed grape leaves, red wine vinaigrette 13

Mango Salad

Baby field greens, chicken breast, fresh mango, goat cheese, sun-dried
cranberries, walnuts, mango vinaigrette 12

Trio Salad

Baby field greens, scoop of tuna salad, scoop of chicken salad, scoop of
egg salad, red wine vinaigrette 14

Caesar

Romaine, grilled chicken, parmigiana Reggiano cheese, croutons, Caesar
dressing 13

SANDWICHES & HANDHELDS

Turkey

Turkey breast, lettuce, tomatoes, Swiss cheese,
Russian dressing 13

Chicken Salad

Chicken breast, celery, red onion, walnuts, dried
cranberries, mayonnaise 12

Chicken & Pesto

Chicken breast, mozzarella, tomatoes, arugula,
pesto 13

Tuna Salad

Shredded carrots, celery, red onion, mayonnaise 13

Grilled Cheese

American cheese, white bread 5

PB & J

Peanut butter, grape jelly, white bread 4

Quesadilla

Monterey jack, chicken breast tortilla, chipotle salsa,
sour cream 14

Veggie Burger

Veggie soybean blend, avocado, red pepper sauce
15

Turkey Burger

Ground turkey breast, tomatoes, lettuce, chipotle
mayonnaise, French fries 15

EXCLUSIVE FROZEN YOGURT

Regular 6 Large 8

FLAVORS

Plain, Chocolate, Peanut Butter, Flavor of the Day

TOPPINGS 1.25

melba sauce, rainbow sprinkles, chocolate sprinkles,
coconut two ways, granola, wheat germ, carob chips,
white chocolate chips, M&M's, sun-dried cranberries,
chocolate syrup, caramel sauce, Oreo crumbles,

Nutella, gummy bears, Reese's peanut butter cup chunks, chocolate chip cookie dough

TOPPINGS 2.25

blueberries, strawberries, mango, pineapple, walnuts, sliced almonds, trail mix

FROZEN YOGURT SMOOTHIES

16 oz. 8 24 oz. 10

Açaí Almond Berry

plain frozen yogurt, açai, almond butter, raspberries, strawberries, blueberries, almond milk

All In

plain frozen yogurt, almond milk, honey banana, granola, coconut, wheat germ

Morning Blast

plain frozen yogurt, double shot of espresso, skim milk, wheat germ

Raspberry Cloud

plain frozen yogurt, honey, skim milk, raspberries, melba sauce

Banana Whisk

plain frozen yogurt, honey, skim milk, banana

Açaí Almond Berry

plain frozen yogurt, açai, almond butter, raspberries, strawberries, blueberries, almond milk

Coconut Matcha

plain frozen yogurt, matcha powder, banana, coconut milk

Tropical Sunrise

plain frozen yogurt, honey, orange juice,
pineapple, strawberries

Almond Butter Banana Blast

plain frozen yogurt, almond butter, banana, raw
cacao nibs, almond milk

Cacao-nana

plain frozen yogurt, raw cacao nibs, banana,
coconut milk

Add Plant or Whey Protein to any smoothie + 1

FRESH SQUEEZED JUICES

16 oz. 8 24 oz. 10

A, B, C

Apple, beet, carrots

Forty Greens

Spinach, kale, cucumber, romaine hearts

Crisp & Refreshing

Apple, cucumber, carrot, ginger

Body Toner

Spinach, carrots, apple, romaine hearts

Earthy Sips

Cantaloupe, carrot, beet, orange

Purely Refreshing

Carrot, beet, ginger, orange, pineapple

Nutryfusion

Apple, beet, lemon, ginger

Summer Cooler

Cucumber, lime, mint

Perfect Combo

Cucumber, carrot, beet