

# LA PROVENCE

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# SALAD BAR

For your main course, your server will bring you a large plate **18** 

#### SALAD BAR PAIRINGS

Salad bar with our Forty Carrots frozen yogurt or a cup of today's soup 21 All entrées are accompanied by complimentary salad bar. Sharing is 18 per person.

# SALADS

#### SHRIMP RAINBOW SALAD

Marinated grilled shrimp, baby arugula, roasted red & golden beets, goat cheese, candied walnuts, sliced tomato and grapes with Sherry vinaigrette, drizzled with a honey-beet reduction. 23 Chateau roc de lavraut (Bordeaux Rouge)

#### MEDITERRANEAN SCALLOP WHEATBERRY SALAD

Pan seared sea scallops, wheat berries, Roma tomato, eggplant, artichoke, pepperonata, spinach chiffonade, tomato basil vinaigrette. 24 Owen Roe (Chardonnay)

#### QUINOA MUSHROOM SALAD

Tri color quinoa, pan seared wild mushrooms, roasted butternut squash, tomatoes, broccoli and fresh spinach with a vegetable broth. **20** Old Parcel (Pinot Noir)

#### SALMON HARVEST SALAD

Sesame crusted salmon skewer, mixed greens, sliced figs, caramelized walnuts, mixed berries, balsamic dressing. 23 Owen Roe (Chardonnay)

#### BISTRO SALAD

Pan seared filet mignon cooked to your liking, mixed greens, hard boiled eggs, crispy fingerling potato, red grapes, frizzled shallots, roasted tomatos and a basil dressing. 24 Araucano (Cabernet Sauvignon)

#### PEAR SALAD

Grilled chicken breast, mixed greens, Gorgonzola cheese, poached pears, grapes, mixed berries, pistachios and a raspberry vinaigrette. 20 Entre Deux Mers (Bordeaux Blanc)

#### LA PROVENCE CHOPPED SALAD

Chopped greens, avocado, chopped egg, tomato, cucumber, crisp bacon, butternut squash, baked tri colored quinoa, topped with grilled shrimp, sherry vinaigrette. 23 Conti Formentini (Pinot Grigio)

#### CHICKEN PAILLARD

Grilled chicken breast pounded thin on top of a Thai inspired tomato, avocado, cucumber, mint, cilantro, basil salad, finished with a honey-red wine sauce. 21 Fritsch 'Windspiel' Gruner Veltliner

#### MANGO CHICKEN SALAD

Grilled chicken over mixed greens with fire-roasted candied walnuts, sundried cranberries, fresh mango and goat cheese with a mango vinaigrette. 21 Owen Roe (Chardonnay)

## CHEF CRAFTED HAND HELDS

#### AVOCADO TOAST

Grilled thick sliced multigrain toast, seasoned avocado, crisp bacon, roasted tomato, sunny side up egg, micro greens with sweet potato fries. 20 Fritsch 'Windspiel' Gruner Veltliner (Austria)

#### TACOS

Mango salsa, shredded cabbage, guacamole, salsa verde and a chipotle sour cream in three soft flour tortillas. **18** add chicken+5 shrimp +6 Conti Formentini (pinot grigio)

#### ORCHARD CHICKEN WRAPPED

Grilled breast of chicken, arugula, figs, cranberries, Swiss cheese, avocado, toasted pecans and aioli in a low carb flour tortilla served with fries. **20** Entre Deux Mers (Bordeaux Blanc)

#### ROMAN CHICKEN MELT

Grilled chicken on focaccia bread with braised kale, tomato, sautéed onions, olive oil, mozzarella cheese and seasoned fries. 20 Owen Roe (Chardonnay

#### RUSTIC CHICKEN

Pan seared crispy chicken breast, golden Yukon potatoes, sa wild mushrooms, onions, smoked bacon, natural au jus. 2 Owen Roe (Chardonnay)

#### AHI TUNA

Marinated grilled skewer of Ahi tuna, eggplant Caponata, ro tomato salsa verde, parsnip crisp. 25 Conti Formentini (Pinot Grigio)

#### SALMON

Pan seared salmon. Yukon potato, diced bacon, leeks, toma fresca, baby arugula. **24** Owen Roe (Chardonnay)

#### GNOCCHI CON VERDURA

CAVATELLI Homemade fresh potato dumplings, roasted tomatoes, eggplant, Grilled chicken breast sautéed with broccoli rabe, roasted heirloom tomatoes, wild mushrooms with little folded pasta shells in a white broccoli, wild mushrooms and butternut squash, basil sauce. 20 Old Parcel (Pinot Noir) wine sauce 22 Araucano (Cabernet Sauvignon)

#### ANGEL HAIR

Pan seared shrimp, chopped clams, calamari, smoked bacon, cherry peppers with a tomato white wine sauce with fresh herbs finished with extra virgin olive oil folded with Angel hair pasta. 24 Owen Roe (Chardonnay)

#### CHAR-GRILLED PORTER HOUSE BURGER

Our house blend cooked to your liking with tomato, red onions and crisp lettuce on a toasted brioche roll with your choice of toppings: Swiss cheese, white Cheddar cheese, Brie cheese, goat cheese, mushrooms, bacon, sautéed onions, fried egg, served with crisp fries. 21 Araucano (Cabernet Sauvignon)

#### STEAK SANDWICH

Pan seared sliced tenderloin of beef, caramelized onions, mozzarella cheese on a club roll served with house herbed fries. 23 Chateau roc de lavraut (Bordeaux Rouge)

Boxed Water Is Better at Bloomingdales 3 Shopper's Brew – a combination of fresh lemonade and iced tea 3.50 House blend Colombian coffee 3 Whole leaf hot teas 3 House made lemonade 3.50 Whole leaf Iced Tea 3

# DESSERTS

Midnight chocolate layer cake 7.50 Carrot cake 7.50 New York cheesecake 7.50 Crème Brulee 7.50 Mike's extreme key lime pie 7.50

#### FORTY CARROTS FROZEN YOGURT

Original plain or today's non-fat flavor 8 Toppings 1 Granola, coconut, sprinkles, honey, melba sauce, B&B's, Oreo crumbles, Reese's peanut butter cup chunk, chocolate Gummy Bears, carob chips Fruit of the day 2 Walnuts 2

Our restaurant uses trans-fat free oil in all food preparations. Tuesday is Senior Citizen's day 15% off your entrée. 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.

# **SPECIALTIES**

sautéed <b>22</b>	BRANZINO Pan seared Branzino filet, butternut squash purée, quinoa, roasted tomato, spinach, mushrooms and a lemon vinaigrette. 24 Entre Deux Mers (Bordeaux Blanc)
oasted	ASIAN STIR FRY Broccoli, scallions, peppers, cashews, toasted sesame seeds, cremini mushrooms, General Tso's ginger sauce and steamed white rice. 20 chicken 22 beef filet 24 shrimp 26 Fritsch 'Windspiel' Gruner Veltliner
ato salsa	<b>OMELETTE</b> Local free range egg omelette with your choice of Brie cheese, grilled apples, spinach, Feta cheese, mushrooms, white Cheddar

dar cheese, tomato, bacon or roasted vegetables served with fresh fruit salad. **19** (Egg whites available) Laurent Miguel (Rose)

# PASTAS

# FROM THE GRILL

### QUESADILLA

A grilled flour tortilla, spinach, tomato, shredded Monterey Jack cheese accompanied by house made guacamole, salsa and sour cream. 19 add chicken+5 shrimp+6 El coto, Rioja (Crianza)

#### **VEGETABLE BURGER**

Our house recipe, on a multigrain toast, marinated tomato and onion, Tzatziki sauce, classic fries. 19 Old Parcel (Pinot Noir)

# **BEVERAGES**

Fresh orange juice 5 Hot Ghirardelli chocolate with whipped cream 5 Sparkling Voss water 3 Fountain soft drinks 3 Cappuccino or café latte 5 Espresso 3.50

# **KIDS MENU**

under 10 years old Served with a fountain drink or juice and a small size frozen yogurt or ice cream **11** Choice of

> Macaroni and cheese Chicken fingers Junior omelette and fries Grilled cheese Angel hair pasta with butter