

## TODAY'S SOUPS

Bowl 5.00

### LUNCHEON PAIRINGS

Today's soup with a half of a sliced turkey, tuna salad or Sonoma chicken salad sandwich and a Bloomingdales spring water, fountain drink or coffee 13

- Or -

Today's soup, a side Caesar salad, or Garden Salad and a regular size Forty Carrots famous frozen yogurt 14

## SALADS

### CRISPY CHICKEN SALAD

Panko encrusted chicken breast over mixed greens with Brie cheese, strawberries, pineapple and ranch dressing 15

### GRILLED CHICKEN AND POACHED PEAR SALAD

Grilled chicken and chilled raspberry poached pears over mixed greens with fresh strawberries, red grapes, crumbled gorgonzola cheese toasted pistachios with wild berry vinaigrette 15

### PALM BEACH CHOPPED SALAD

Chopped mixed greens, cucumbers, carrots, artichokes, red onions, tomatoes, oasted red peppers, crumbled gorgonzola cheese and lemon basil vinaigrette 15  
Add grilled chicken 17

### GRILLED SALMON SALAD

Grilled salmon filet marinated in classic herb seasonings served over mixed greens, sliced red onions, capers with roasted tomato and garlic vinaigrette 19

### TROPICAL SHRIMP SALAD

an seared cilantro garlic shrimp on a wonton tower with mixed greens, papaya, chee, pineapple roasted red peppers and scallions with tarragon vinaigrette 19

### SONOMA CHICKEN SALAD

Chicken breast tossed with golden raisins, red grapes, chives and tarragon mayonnaise On your choice of bread or over mixed greens with crisp vegetables 14

### TUNA SALAD

Albacore tuna tossed with celery, mayonnaise and our special spices On your choice of bread or over mixed greens with crisp vegetables 13

### STEAK SALAD

Grilled Petite sirloin steak marinated in special herbs and spices over mixed greens with cherry tomatoes, roasted red onions and gorgonzola cheese served with red wine vinaigrette 19

*We offer Honey mustard, Pomegranate Vinaigrette, Roasted Tomato and Garlic Vinaigrette, Lemon-Basil, Ranch, Honey Balsamic Vinaigrette, Red Wine Vinaigrette and Wild Berry Vinaigrette Dressing to compliment your salad*

## B HEALTHY MENU

### QUINOA GALORE

Organic Quinoa tossed in garlic, ginger and tomato sauce  
Grilled Vegetable 19 Grilled Chicken 21 Grilled Shrimp 23

### NORWEGIAN CLUB

Petrossian smoked salmon served over pumpernickel bread with sliced cucumber, red onion, capers, light Basil Creama served with fresh fruit 21

### HUMMUS WRAP

A grilled herb-tortilla filled with Hummus, Fresh spinach, Roasted Red peppers, Crisp Garbanzo beans and Grilled Egg Plant served with Mediterranean vegetable medley 14

### GRILLED VEGETABLE PANINI

Grilled portabella, squash and zucchini, roasted red peppers and fresh mozzarella on pressed Greek Yogurt wheat Bun served with potato salad 14

### KALE AND BEET SALAD

Roasted beets served with goat cheese and walnuts over Kale, tossed in pomegranate vinaigrette 15  
With Grilled Chicken 17 Grilled Shrimp 19

### SPINACH SALAD

Fresh spinach, mandarin orange, sun-dried cranberries, toasted walnuts and goat cheese tossed in pomegranate vinaigrette 13  
with grilled chicken 15 Grilled shrimp 17

## WRAPS AND SANDWICHES

All served with New Potato Salad, Coleslaw, Potato Chips or Fresh fruit

### LOBSTER BURGER

Maine lobster burger on Greek Yogurt wheat Bun with spicy aioli, lettuce and tomato served with julienne fries and homemade coleslaw 15

### CALIFORNIA WRAP

Seared cilantro garlic shrimp, fresh avocado, tomato, roasted red onions, turkey bacon, romaine lettuce and pesto aioli in a grilled tortilla 15

### QUESADILLA

A grilled flour tortilla with fresh spinach, Jack cheese, tomatoes, scallions and jalapeno pepper served with guacamole, sour cream and salsa with grilled chicken 15 with grilled shrimp 17

### HOMEMADE QUICHE

Each day our chef makes a special recipe, served with a side garden or Caesar salad 13

### THE CLUB

Pan roasted turkey breast, imported Swiss cheese, turkey bacon, lettuce and tomato on toasted country white bread 13.75 with shrimp 17

## FORTY CARROTS FROZEN YOGURT

Original plain or today's non-fat flavor

Regular 5 | Large 7

TOPPINGS: 1.00 each

Melba sauce, caramel sauce, chocolate sprinkles,  
honey, Oreo Cookie crumble, granola and wheat germ

WALNUTS OR FRESH FRUIT 2.00

## DESSERTS

Homemade Lemon Pound Cake with Strawberries 5.50

Chocolate Layer Cake with Whipped Cream 6.50

Red Velvet Cake 6.00

Frosted Carrot Cake 6.50

Pecan Pie with Caramel Sauce 6.50

Coconut Layer Cake 7.00

David's Cookies 3.00

## TO TAKE HOME

Homemade Lemon Pound Cake  
35.00

Multi-Grain Baguette  
5.00

Assorted Muffins  
3.50

We Can Prepare Any Item To Take Home

## WINE LIST

CHAMPAGNE	GLASS	BOTTLE
Bolla, Prosecco, Italy	10.00	44.00
Chandon Rose, California	12.00	55.00
Piper-Heidsieck, Brut	13.00	45.00 half
Taittinger, "La Francaise" Brut N/V	14.00	49.00 half
Veuve Cliquot "Yellow label" Ponsardin N/V	49.00 half	95.00
Dom Perignon, Brut		350.00

## WHITE WINE

Pinot Grigio, Cesari, Italy	8.00	30.00
Chardonnay, Cakebread Cellars, California		49.00 half
Chardonnay, Coastal Vines, California	8.00	30.00
Sauvignon Blanc, Clifford Bay, New Zealand	8.00	30.00
White Zinfandel, Coastal Vines, California	5.50	22.00

## RED WINE

Cabernet, Coastal Vines, California	8.50	32.00
Merlot, McManis Family Vineyards, California	8.50	32.00
Pinot Noir, Montpellier, California	8.50	32.00
Malbec, Trivento Reserve, Argentina	8.00	30.00

## BEER

Heineken, Amstel Light, Corona and Samuel Adams	7.00
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## BEVERAGES

Coke, Diet Coke, Sprite, Lemonade	3.00
Iced Tea	3.00
Shopper's Brew-A combination of lemonade and iced tea	3.50
Republic of Tea (Hibiscus Herb, Pomegranate Green, Ginger Peach Decaf)	5.50
Boxed Water is better at Bloomingdale's	3.00
S. Pellegrino 250ml	3.00
S. Pellegrino 750ml	7.00

## COFFEE

Colombian Coffee Regular or Decaffeinated	3.00
Espresso	2.75
Cappuccino - Espresso with steamed and foamed milk	4.00
Café Latte - Espresso with steamed milk and a dollop of foam	4.00

## MIGHTY LEAF TEAS 3.00

Organic Breakfast	Bombay Chai	Organic Earl Grey
Green Tea Tropical	White Orchard	Orange Dulce
Chamomile Citrus	Organic African Nectar	

## JUST B'KIDS

Under 10

CHICKEN FINGERS  
with potato chips

or

GRILLED CHEESE  
with potato chips

or

PEANUT BUTTER & JELLY  
with potato chips

or

PENNE PASTA with BUTTER

Choice of a  
Fountain Soft Drink  
or Milk and a Cookie

8.95 per child

## PETROSSIAN SPECIALTIES

### FOIE GRAS

Served with café salad and toast points  
Duck foie gras 54

### PETROSSIAN SAMPLER

A half portion of smoked salmon  
and duck foie gras with truffles,  
café salad and toast points 59

### RENDEZ-VOUS FOR TWO

Two house salads, two appetizers of  
smoked salmon, two glasses of  
Taittinger Champagne 69

### SMOKED SALMON

Norwegian smoked salmon  
with capers, lemon and dill,  
café salad and toast points 29

### CAVIAR, SMOKED SALMON AND SALMON ROE

A thirty-gram presentation (1-1/16 oz.)

### SIBERIAN OSETRA MP

### ROYAL OSETRA MP

### ALVERTA PRESIDENT MP

Salmon Roe fifty-gram presentation Blini  
and Crème Fraiche 39