

## BUNCHED LUNCH

Enjoy a small frozen yogurt plus any two of the following items:  
Soup, green salad, half sandwich (not a wrap) or a 16oz fresh squeezed juice 18

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### STARTERS

Smooth Carrot Soup 7  
Hearty Chicken Noodle Soup 8  
Today's Selection P/A

Mixed green salad with tomatoes 7

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### FROM THE CARROT PATCH

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 salad chicken +4 salmon +5 or shrimp +6  
substitute chicken in any salad with salmon +3 or shrimp +4

#### Red & Golden Beet - Goat Cheese Salad

Baby arugula, roasted red & golden beets, goat cheese,  
candied walnuts and sherry vinaigrette, drizzled with a honey-beet reduction 16

#### Zorba's Chopped Salad

Chopped hearts of romaine, diced tomato, chickpeas, black olives, feta cheese,  
cucumbers, stuffed grape leaves, lemon oregano vinaigrette and pita 14  
add chicken +4

#### Chicken Caesar Salad

Chopped hearts of romaine tossed with parmesan cheese, croutons and classic dressing 17

#### Forty Carrots Chopped Salad

Baby field greens, grilled chicken, avocado, roasted red & yellow peppers, Swiss cheese, chickpeas, tomatoes,  
cucumbers, green beans, hard-boiled egg and our signature grilled onion balsamic vinaigrette 17

#### Flagship Trio Platter

A scoop each of our three favorite salads - classic tuna, Sonoma chicken and egg salad - on a bed  
of baby field greens, served with a small Forty Carrots frozen yogurt 17

#### Mango Chicken Salad

Baby field greens, grilled chicken, fresh mango, goat cheese, sun-dried cranberries,  
candied walnuts and mango vinaigrette 18

#### Salade d'Anjou

Bibb lettuce, shaved Anjou pears, pomegranate seeds, blue cheese and pomegranate vinaigrette 16

*There is a \$10 per person minimum in the dining room from 11:30am - 3pm. 'Split Check' charge may apply.*

## 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.

### Crab & Avocado Duet

Timbale of wild-caught lump crab atop avocado, served with garlic crostini, sliced cucumber, diced tomato, shaved radish, micro greens, lemon vinaigrette 24

### Mediterranean Pasta with Grilled Vegetables

Penne with grilled squash & zucchini, roasted artichoke hearts, fresh tomato and wheatberries, tossed with olive oil, garlic and parmesan cheese 17  
add chicken +4 add salmon +5 add shrimp +6

### Salmon with Wheatberries

Pan-seared filet, apple-parsnip puree, wheatberries with roasted apples, golden raisins and toasted pecans, whole grain mustard sauce 23

### Fish Tacos

Pan-seared market fish, mango salsa, shredded cabbage, guacamole, salsa verde and chipotle sour cream in three soft flour tortillas 19

### Wheatberry Grain Bowl

A healthy bowl of wheatberries, maple-braised kale, roasted butternut squash, sun-dried cranberries and toasted pecans 17  
add chicken +4 add salmon +5 add shrimp +6

### Salmon Burger

House-made with fresh salmon, lemon zest, tarragon and jalapeño peppers, on an organic brioche roll with lettuce, tomato, avocado, red pepper relish and chipotle mayonnaise, served with roasted Yukon potatoes 19

### Veggie Burger

A blend of grains, soybeans and veggies on an organic brioche roll topped with melted Swiss cheese, avocado, tomato and honey dijon dressing, served with a mixed green salad 16

### Quesadilla

A grilled flour tortilla filled with spinach, Monterey jack cheese, tomato, scallions and jalapeño peppers, served with guacamole, salsa and sour cream 14  
add chicken +4 add shrimp +6

### Omelet of the Day

A three-egg omelet of the chef's creation, served with a mixed green salad (egg whites available at no extra charge) 15

## SANDWICHES

All on fresh, organic breads and rolls or natural flatbread. All served with 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 and lemon oregano vinaigrette on organic Kalamata olive bread 14

### Forty Carrots Classic Tuna Salad

White albacore tuna with finely diced carrots, celery and mayonnaise on organic seven-grain bread 14

### Sonoma Chicken Salad

Tender breast of chicken with raisins, cashews, grapes and lemon dressing on organic cranberry pecan bread 14

### Turkey Eastsider

We season and roast a whole turkey breast, slice it thick and layer with lettuce, tomato, Swiss cheese and Russian dressing. Served on organic seven-grain bread 14

### Grilled Vegetable Chimichurri Wrap

Zucchini, yellow squash, artichoke hearts, roasted red pepper, goat cheese and garlic-parsley sauce 15

### Spicy Shrimp Wrap

Black beans, mango, jicama, bibb lettuce, red onion, chipotle-lime dressing 18

### Sweet & Sour Chicken Wrap

Pan-seared chicken in orange-chili-soy sauce, charred pineapple, sautéed peppers & onions, white rice 16

### Avocado BLT

Avocado, turkey bacon, lettuce, tomato and mayonnaise on toasted organic seven-grain bread 14

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## BEVERAGES

Whole leaf iced teas 4	Saratoga sparkling water 3
classic black, Tahitian green, pomegranate berry	Fountain soda 3
Housemade lemonade 4	Bloomingdale's Blend coffee 3
Shopper's Brew - housemade lemonade and brewed iced tea 4	Espresso 3 Cappuccino 5
Bloomingdale's Blend iced coffee 4	Ghirardelli hot chocolate 4
Boxed Water Is Better at Bloomingdale's 3	Selection of whole leaf teas 3
Selection of local beer and wine 7	

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## KIDS' MENU

*For ages 12 and under*

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

Grilled Cheese  
Tuna Salad Sandwich

Mac and Cheese  
Baked Chicken Fingers

Spaghetti with Tomato Sauce or Butter  
Focaccia Pizza

## 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 forty carrots FROZEN YOGURT

Regular 6 Large 8

#### Fruit and Nut Toppings 2

Blueberries, blackberries, strawberries, pineapple, banana, mango, walnuts, pecans, almonds, peanuts, forty carrots trail mix, 'wet' walnuts with maple syrup, chocolate-covered blueberries

#### Forty Carrots Classic Toppings 1

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

#### Toppings for the Young at Heart 1

Oreo crumbles, gummi bears, fruity pebbles, b&b's, Reese's peanut butter cup chunks, mini Reese's pieces, Heath bars, chocolate chip cookie dough, chocolate brownies

### forty carrots FROZEN YOGURT SMOOTHIES

16 oz. 7 24 oz. 9

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, raspberries

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

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

Choconana - chocolate frozen yogurt, banana, skim milk, chocolate syrup

PB & J - peanut butter frozen yogurt, skim milk, raspberries

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

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### FRESH SQUEEZED JUICES

16 oz. 7 24 oz. 9

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

Sweet & Bright - pineapple, ginger, jalapeño

Calming - jicama, carrot, parsley

Body Toner - spinach, parsley, carrot, apple

Summer Cooler - cucumber, lime, basil

Perfect Combo - cucumber, carrot, beet

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

Skin Toner - carrot, green pepper, cucumber, kale

Energizing - carrot, kale, apple, parsley

Green & Lively - cucumber, mango, jicama, cilantro, jalapeño