

AINA AWAKEA | BUNCHED LUNCH 30

1st Fresh Petite Juice **OR**
Cup of Soup du Jour
2nd Chef's Entrée Selection
3rd Dessert Signature 40 Carrots Frozen Yogurt

EKAHI | FIRST COURSE

Soups Daily Inspiration **5 & 7**

Crab Bouillabaisse*

Aromatic Kaffir Lime, Blue Crab Meat and Chili Broth **9**

Quesadilla of Kalua Pig

Pork Shoulder, Chicharrones, Cheese, Tomato, Coriander **9**
with Chicken Breast **9**

Mushroom Tartine

Umami Aioli, Pecorino Cheese, Grilled Garlic Bread **8**

Grilled Garlic Shrimp* 4pc

Pesto Aioli, Grilled Bread **12**

Chilled Seafood Sampler*

1/2 Lobster Tail, 2 Shrimp, 2 oz Crab, 2 oz Ahi & Hamachi Poke,
Stone Crab Sauce, Wasabi Cocktail Sauce **25**

Hokulea Poke Trio Platter **22**

Classic Limu | Ahi, Scallion, Inamona, Chili, Soy

Kim Chee Rage | Shrimp, Kimchee, Onion

Spicy | Hamachi, Wasabi Tobiko, Maui Onion, Mayo

MAUKA | GROWN

Hirabara' Farms Baby Lettuces

Local Honey Soy-Balsamic Vinaigrette **102**

With Chicken **16**

With Shrimp **19**

With Today's Fresh Sustainable Fish **20**

Grilled Chicken Salad

Hirabara Farms Romaine, Pecorino Cheese, Kale, Tomato,
Radish, Ponzu Ranch **16**

Hamakua Farms Tomato Salad

Fresh Burrata, Nalo Rocket, Grilled Bread, Local Honey Balsamic Vinaigrette **15**

Veggie Poke Bowl

Tomato Poke, Brown Rice, Avocado, Garlic Kale, Quinoa,
Kim Chee, Kabocha Pumpkin, Roasted Asparagus **15**

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have known medical conditions.

FIND OUT WHAT ALL THE FUSS IS ABOUT

Over 45 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." We hope you'll 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**

Fruits **2** each

Blueberries, Strawberries, Pineapple, Banana

Forty Carrots Classics **1** each

Melba Sauce, Local Honey, Rainbow Sprinkles, Almonds, Chocolate Sprinkles,
Shredded Coconut, Granola, Chocolate Syrup, B&B's

For the Young at Heart **1** each

Chocolate Covered Kakimochi, Oreo Crumbles, Gummi Bears,
Malted Milk Balls, Butterfingers, Heath Bars

forty carrots FROZEN YOGURT SMOOTHIES

16 oz. **8** 22 oz. **10**

Kona Smoothie - Exotic seasonal fruit special **Market Price**

Purple Haze - frozen yogurt, skim milk, honey, Melba sauce

Banana "Lolo" Milk - frozen yogurt, honey, skim milk, banana

Nectar - plain yogurt, orange juice, vanilla bean syrup

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

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

MAUKA | RAISED

Kaona Bowl Deluxe*

Ahi-Hamachi Poke, Kalua Pork, Garlic Shrimp, Lomi Lomi Tomato **22**

Koreana Bowl*

Boneless Kalbi, Pickled Wakame, Kim Chee, Fried Egg, Scallion, Ko Chu Jang Sauce **25**
With Chicken Breast **16**

Local "Lobster" Moco*

Lobster Tail, Sautéed Foie Gras, Sunny Side Egg, Hamakua Mushroom and
Toasted Bonito Rice, Italian Black Truffle and Madeira Sauce **45**

MAKAI | FROM THE SEA

Ocean Salad*

Lobster, Shrimp, Crab, Poke, Hirabara Farms Custom Mix, Avocado, Asparagus, Tomato, Ponzu Ranch **28**

Grilled Fresh Fish Selection*

Classic White Wine and Lemon Butter Sauce, Fresh Herbs, Potato Puree, and Local Asparagus **MP**

Garlic Shrimp Pasta*

Buttered Penne Pasta, Pecorino, Lemon, Olive Oil, Thai Basil **19**
With Chicken Breast **16**

PALOA | HAWAIIAN-STYLE SANDWICHES

Roast Pork "French Dip"

Roasted Pork, Caramelized Onion Jus, Smoked Gouda Cheese, Umami Mayo **15**

White Wine & Butter Poached Crab Toast*

Bacon, Avocado, Lemon, Grilled Bread **18**

Grilled Vegetable Wrap

Asparagus, Eggplant, Peppers, Spinach, Balsamic Soy Vinaigrette **15**
Add Grilled Chicken Breast **16**

Grilled Chicken Wrap

Pecorino, Romaine, Kale, Ponzu Ranch **16**

BEVERAGES

Cold

Boxed Water Is Better at Bloomingdale's **3**

Bloomingdale's Plantation Ice Tea

fresh Pineapple and Lilikoi **4**

Bottled Soda **3.75**

Soft Drinks **3**

Lemonade **3**

Hot

Waialua Coffee Roast is a medium roast
exclusive to the north shores of Oahu **3**

Ghirardelli hot chocolate **4**

Café Geneva Espresso **3**

Cappuccino/latte **4**

LOCAL TEA PRODUCED BY TEA CHEST

A'a or Black Lava Tea

This is some of the rarest in the world. Grown in an 'Ohia forest, tender leaves are picked,
fired and rolled all by hand. The cup is smooth and balanced with exceptional sweetness and
natural notes of honey, vanilla and apricot. Tea pot service. **30**

Bloomingdale's Tropical Medley

Premium black tea offers a smooth, bold cup kissed with passion fruit, peach, mango and orange. **4**

Jasmine Dragon Phoenix Pearls

The world's finest jasmine tea, this exotic treasure was first commissioned by the imperial court
in the Sung dynasty to serve honored guests. Delicate, hand-picked green tea is meticulously
scented with night blooming jasmine for seven days to create a heavenly, alluring and uplifting cup. **4**

Lemon Mamaki Herbal Tea

Mamaki is a healing herb that grows in the Hawaiian rainforest. Mamaki's earthy, honey flavors
are featured in this artisanal caffeine-free blend along with sunny lemon accents. **4**

Maui Earl Grey

This tea is inspired by the lavender that grows on the slopes of Haleakala, the House of the Sun.
Rich black tea infused with citrus notes of bergamot and floral lavender highlights. **4**

Sakura Sencha

Sakura, or cherry blossom, adds a pleasant fruitiness to this crisp and refreshing Japanese green tea. **4**

Island Breakfast

An exclusive blend of hearty Indian black teas that pairs perfectly with Pacific Rim cuisine. **4**

FRESH SQUEEZED JUICES

16 oz. **8** 24 oz. **10**

COMBOS

Kaona Juice - Exotic Seasonal Fruit Juice **MP**

Dakine - apple, beet, carrot, strawberry, kale

Oma'oma'o - Green apple, kale, cucumber, celery

Nalu - spinach, parsley, carrot, apple

Chee-hoo - spinach, carrot, cucumber, beet, parsley

Makapu - carrot, strawberry, orange

Holoholo - spinach, kale, parsley, celery, cucumber

Akamai - apple, cucumber, carrot, ginger

Wess-side - pineapple, orange and shredded coconut

Feel free to create your own juice blend using the ingredients below:

Carrot, apple, celery, beet, parsley, spinach, cabbage, orange, kale,
cucumber, ginger, pineapple, strawberry, blueberry

forty carrots

Come join us for Happy Hour!

3:00 – 6:00pm every day

Pupus

Kalua Pig Quesadilla	6
Grilled Garlic Shrimp	6
Mushroom Tartine	6
Kalua Pig Sliders	6
Guacamole w/Chicharrones and Taro Chip	5
Edamame	3

Drinks

Classic/Lilikoi Martini	7
Cosmopolitan	7
Old Fashioned	7
Manhattan	7
Classic/Lilikoi Mimosa	7

Wine

Ca' Donini Pinot Grigio 2015	6
Ravage Cabernet Sauvignon 2015	6

Red Sangria

- By the Glass	7
- By the Pitcher	20

Sake Flight

A fine selection of Hizo Otokoyama,
Bunraku Saitama, and Kitaya Kansansui Sake

	20
--	----

Beer

Bikini Blonde/Heineken/Coors Light	4.5
------------------------------------	-----



bloomingdale's