

HOT & COLD COFFEE DRINKS

	12oz	16oz
Brewed Coffee	3.50	4.00
Espresso	2.90 single	4.25 double
Cappuccino	4.25	5.00
Caramel Macchiato	5.75	6.25
Caffe Mocha	5.75	6.25
Iced Caffe Mocha		6.25
Iced Caramel Macchiato		6.25
Iced Coffee (Strong)	4.25	5.00
Extra Espresso Shot	1.50	
Syrup	1.50	
Sauces	2.00	

STARTERS

Today's Special Soup 7.00

THE DESIGNER SALADS

**Forty Carrots Chopped Salad** - Mixed field greens, grilled chicken breast, avocado, roasted red peppers, Gruyere cheese, chickpeas, tomatoes, cucumbers, hardboiled egg **16.00**

**Caesar Salad** - Chopped hears of romaine tossed with parmesan cheese, croutons and classic dressing **12.00**

**Zorba's Chopped Salad** - Chopped hearts of romaine, diced tomato, chickpeas, black olives, feta cheese, cucumbers, stuffed grape leaves **15.00**

**Flagship Trio** - A scoop of each of our three favorite salads: classic tuna, Sonoma chicken, and egg salad on a bed of mixed field greens **16.00**

**Design Your Own** - Your choice of greens, three toppings, one cheese and one protein **16.00**

Additional toppings are an extra charge

SANDWICHES, PANINIS & WRAPS

**Mediterranean Grilled Chicken Wrap** - Grilled chicken breast, romaine lettuce, tomatoes, Kalamata olives, feta cheese and hummus with a Greek dressing in an herbed wrap **16.00**

**Turkey Ruben** - Oven roasted turkey breast, Swiss Gruyere, creamy coleslaw and Russian dressing served on artisan rye bread **15.00**

**Forty Carrots Tuna Salad** - Albacore tuna, celery, carrots, mayonnaise, and spices on multigrain bread with lettuce and tomato **15.00**

**Sonoma Chicken Salad** - Poached breast of chicken, cashews, grapes, celery, dried cranberries, and a tarragon mayonnaise, served on cranberry walnut bread with lettuce and ripe tomato **15.00**

**Forty Carrots Egg Salad** - Made fresh daily on multi-grain toast with sliced cucumber and ripe tomato **13.00**

**Janet's Turkey Sandwich** - Fresh roasted turkey breast, Neuske's bacon, maple smoked cheddar, avocado, lettuce and tomato, mango chutney and mayonnaise served on multi-grain artisan bread, served warm **16.00**

**Pinsa** - Simple healthy ingredients make Pinsa a lower calorie, low carb and low-fat alternative to traditional pizza. Easy to digest and a great tasty treat for those looking to eat healthier. A win-win!

**Pepperoni 16.00 / BBQ Chicken Ranch 16/ Ask if we have any daily specials!**

**Havana Bowl** - Black beans and rice with Ropa Vieja (slow cooked shredded beef cooked in a flavorful tomato based sauce) fried sweet plantains and an onion, cilantro mojo **16.00**

**Turkey Cheeseburger** - Gruyere cheese, lettuce, tomato, and onion on a brioche bun served with French fries and a pickle **14.00**

**Chicken Tenders** - White meat breaded chicken tenders served with French fries **14.50**

**Prosciutto Caprese Sandwich** - Prosciutto de Parma, American beefsteak tomato, fresh mozzarella, basil pesto, balsamic vinegar, extra virgin olive oil and fresh basil on a toasted baguette **16.95**

OUR EXCLUSIVE FROZEN YOGURT

Original Low-Fat or Today's Non-Fat Flavor  
Regular 8.00    Large 10.00

**Forty Carrots Classic Toppings 2.00 each**

Melba sauce, wheat germ, granola, carob chips, wildflower honey, caramel sauce, coconut, chocolate sauce, chocolate sprinkles, rainbow sprinkles, dried cranberries

**Fruit and Nut Toppings 3.00 each**

Walnuts, slivered almonds, strawberries, blueberries, bananas

SMOOTHIES

**Tropical Sunrise** - Frozen yogurt, honey, orange juice, pineapple and strawberries **11.00**

**Banana Whisk** - Frozen Yogurt, Honey, skim milk and banana **11.00**

**Strawberry Surprise** - Frozen yogurt, skim milk, honey, strawberries and banana **11.00**

**Pina Colada** - Frozen yogurt, honey, skim milk, pineapple and shredded coconut **11.00**

**PB&J** - Banana, peanut butter, blueberry, strawberry and almond milk gamished with raw honey **11.00**

**Chunky Monkey** - Banana, peanut butter, dates, cocoa nibs and almond milk **11.00**

**Vitamin C Boost** - Mango, pineapple, passion fruit and orange juice gamished with chia seeds **11.00**

OUR FRESH JUICES

Available in 16 oz **9.00** and 24 oz **11.00**

**ABC** - Apple, Beets and Carrots

**Popeye** - Spinach, Parsley, Carrots and Apples

**Mean Green Machine** - Kale, Cucumber, Celery, Lemon, Apples and Ginger

**Sunset** - Beet, Apple, Orange, lemon, Ginger and Carrot

**Crisp and Refreshing** - Apple, Cucumber, Ginger, Carrots

**Energizing** - Kale, Parsley, Apples, Carrots

**Create Your Own** - Three vegetables of your choice and one fruit

**Ginger Shot** - 4.00

**Additional Berries** - 3.00