

# forty carrots

## BUNCHED LUNCH

Small frozen yogurt plus any two of the following items:

Soup, green salad, half sandwich (not a wrap) or a 16oz fresh squeezed juice 23

## STARTERS

Chicken Noodle Soup 10

Today's Selection P/A

Mixed Green Salad 9

Tomatoes, carrots, cucumbers

## THE CARROT PATCH

Add a small Forty Carrots frozen yogurt for an additional \$6. Toppings are extra.

Add chicken +7 salmon +8 or shrimp +9

Substitute chicken with salmon +6, shrimp +7

### Roasted Beet Salad

Baby arugula, roasted red & golden beets, goat cheese  
candied walnuts, sherry vinaigrette, honey-beet reduction 19

### Zorba Salad

Romaine hearts, tomatoes, chickpeas, black olives, feta cheese  
cucumbers, stuffed grape leaves, lemon-oregano vinaigrette, pita 18

### Chicken Caesar Salad

Romaine hearts, grilled chicken, parmesan cheese, croutons, creamy Caesar dressing 20

### Forty Carrots Chopped Salad

Baby field greens, grilled chicken, avocado, roasted peppers, Swiss cheese, chickpeas  
tomatoes, cucumbers, green beans, hard-boiled egg, grilled onion-balsamic vinaigrette 21

### Flagship Trio Platter

Baby field greens, tomato, carrots, cucumber, scoop of tuna salad  
scoop of Sonoma chicken salad, scoop of egg salad 19

### Mango Chicken Salad

Baby field greens, grilled chicken, fresh mango, and goat cheese  
sun-dried cranberries, candied walnuts, mango vinaigrette 22

### Steak Salad

Grilled flank steak, blue cheese, charred corn, cherry tomatoes, watermelon radishes, mixed greens, and shallot vinaigrette 27

## KIDS MENU

For ages 10 and under

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

Grilled Cheese 14

Spaghetti 14 Tomato sauce or butter

Chicken Nuggets 14

Mac & Cheese 14

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## BEVERAGES

Saratoga still water 3

Saratoga sparkling water 3

Coffee 3

Espresso 3

Fountain soda 4

Iced coffee 4

House made lemonade 4

Shopper's brew lemonade-iced tea 4

Whole leaf tea 4

## FORTY CARROTS FASHIONS

Add a small frozen yogurt +\$6. Toppings are extra.

### Mediterranean Penne

Pasta quills, grilled squash & zucchini, artichoke hearts, tomatoes, garlic olive oil, parmesan cheese 21

### Honey Crusted Chicken

Pan-roasted chicken breast, honey mustard crust, roasted Yukon potatoes, sautéed broccoli & carrots, natural jus 26

### Cod Fish Tacos

Guacamole, charred pineapple salsa, red cabbage salsa Verde, chipotle sour cream, three soft flour tortillas 28

### Pan Seared Branzino

Braised artichoke and asparagus, potato gnocchi, roasted tomato vinaigrette 28

### Quesadilla

Grilled flour tortilla, spinach, tomatoes, scallions, jalapeño peppers Monterey jack cheese, guacamole, salsa, sour cream 18

### Omelette of the Day

Three eggs or egg whites your way, mixed green salad, or toast 18

*\*Can be prepared vegan upon request.*

## SANDWICHES AND WRAPS

Add a small frozen yogurt +\$6. Toppings are extra

### Forty Carrots Classic Tuna Salad

White albacore tuna, diced carrots, celery, mayonnaise, or no mayo on seven-grain bread 18

### Sonoma Chicken Salad

Chicken breast, raisins, celery, cashews, grapes, light mayonnaise, choice of bread 18

### Turkey Eastsider

Boars Head turkey breast, lettuce, tomato, Swiss cheese, Russian dressing, seven-grain bread 17

### Salmon Burger

Fresh salmon, avocado, jalapeño peppers, lettuce, tomato, red pepper relish chipotle mayonnaise, brioche roll, roasted Yukon potatoes 24

### Veggie Burger

Blend of vegetables & soybean, Swiss cheese, avocado, tomato honey Dijon dressing, mixed green salad, brioche roll 19

### Sweet & Sour Chicken Wrap

Pan-seared chicken, charred pineapple, sautéed peppers & onions white rice, orange-chili-soy sauce, whole wheat wrap 19

### Avocado BLT

Avocado, turkey bacon, lettuce, tomato, mayonnaise, toasted seven-grain bread 18

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*\*There is a \$10 per person minimum in the dining room from 12:00pm – 3pm. Sharing charge \$10*

## OUR EXCLUSIVE FROZEN YOGURT

Everyday Favorites

Plain, Coffee, Chocolate, Vanilla, Peanut Butter

Regular 9 Large 10

Fruit and Nut Toppings 3

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 2

Melba sauce, wildflower honey, rainbow sprinkles, raisins, chocolate sprinkles, shredded coconut, granola, wheat germ, carob chips, chocolate syrup, hot fudge, caramel sauce

Toppings for the Young at Heart 2

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

## FROZEN YOGURT SMOOTHIES

16 oz. 10 24 oz. 12

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

Add F-Factor 20/20 fiber/protein powder to boost the nutrient density of any smoothie or juice 3.50

F-Factor Very Berry- Vanilla F-factor 20/20 fiber/protein powder, plain frozen yogurt, almond milk, strawberries, and raspberries

F-Factor Chocolate Banana Delight- Chocolate F-factor 20/20 fiber/protein powder, chocolate frozen yogurt, almond milk and banana

16 oz. 11 24 oz. 13

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## FRESH SQUEEZED JUICES

16 oz. 9 24 oz. 11

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

Body Toner – spinach, parsley, carrot, apple

Earthy Sips – cantaloupe, carrot, golden beet, orange, basil

Purely Refreshing – carrot, beet, ginger, orange, pineapple

Nutryfusion – beet, apple, lemon, ginger

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

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