

Forty Carrots

Salads

Sante Fe Chicken Salad - \$18

Grilled fajita chicken, romaine lettuce, avocado, corn & bean salsa, tomatoes, tortilla strips, chipotle lime vinaigrette.

Autumn Grilled Chicken Cobb Salad - \$18

Mixed greens, avocado, bacon, hardboiled eggs, sweet potatoes, honey crisp apples, pecans and grilled chicken, maple Dijon dressing.

Chicken Caesar Salad - \$18

Grilled Chicken, romaine lettuce, shaved parmesan, house-made croutons, Caesar dressing,

Entrees

Quesadillas - \$14 add chicken - \$4

Fried flour tortilla with spinach, Monterey jack cheese, tomato, scallions, and jalapeno peppers. Served with guacamole, salsa, and sour cream.

Sage and Brown Butter Chicken Alfredo - \$18

Grilled chicken, chopped sage, shredded gouda, chili flakes, nutmeg, pumpkin puree, linguine noodles tossed in a brown butter sauce.

Avocado Toast - \$14

Whole grain toast, avocado spread, arugula salad, watermelon radish, jalapeno

Sandwiches

* Choice of Caesar, house salad or chips or parmesan fries, cup of soup, bowl soup - \$5

Breakfast Sandwich - \$4

Buttered Focaccia Roll, scrambled eggs, mozzarella cheese, parsley

ADD Avocado, Bacon, Ham, or Turkey Sausage for \$1.25 each.

Classic Tuna Salad Sandwich* - \$14

Albacore tuna with celery and mayonnaise on toasted multigrain bread.

Sonoma Chicken Salad* - \$15

Tender breast of chicken with celery, chives, and grapes in a tarragon dressing. Served on multigrain toast.

SmashBurger* - \$18

Grass-fed all beef patty cooked to order with cheddar cheese, lettuce, tomato, and onion on a Brioche bun.

Chicken Panini* - \$15

Grilled chicken, tomatoes, red onion, avocado, Swiss cheese with a honey chipotle aioli on toasted garlic naan.

Turkey and Cranberry Panini* - \$15

Roasted turkey, provolone cheese, spinach, house-made cranberry sauce, Swiss cheese, and honey mustard on toasted buttery sourdough bread

Veggie Panini* - \$15

Spinach, tomato, avocado, Colby jack cheese, light mayo served on toasted naan.

New York Turkey* - \$16

Oven roasted turkey, crisp bacon, lettuce, tomatoes on toasted sour dough bread.

Brie and Raspberry Grilled Cheese* - \$15

Toasted buttered sourdough topped with brie cheese, raspberry jam and Hickory smoked bacon.

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Beverages

Evian - \$4.00

Orange Juice - \$3.50

Apple Juice - \$3.50

Vitamin Water - \$3.50

Heywell Orange Mango (Energy) - \$3.00

Heywell Strawberry Lemonade (Energy) - \$3.00

San Pellegrino Flavored - \$3.00

Bottled Coke - \$3.75

Bottled Diet Coke - \$3.75

Fountain Drinks -

16oz - \$3.00

24oz - \$3.25

**Coke, Diet Coke, Coke Zero, Sprite, Orange Fanta, Hi-C Fruit
Punch,**