



## BEVERAGES

### Cold

- BLOOMINGDALE'S WATER 3
- ICED TEA 3
- SOFT DRINKS 3
- HOUSEMADE LEMONADE 3.50
- SHOPPER'S BREW  
lemonade and brewed iced tea 3.50
- VOSS SPARLING 3

### Hot

- ILLY'S BLEND COFFEE 3.25
- HOT CHOCOLATE 5
- ESPRESSO 3.50
- AMERICANO 3.50
- RED EYE 3.75
- BLACK EYE 4
- CAPPUCCINO OR LATTE 5
- HOT TEA 3

## WINE SELECTIONS

### WHITES

- MONTES CLASSIC** glass 12 | bottle 30  
Sauvignon Blanc 2019
- BOLLINI** glass 13 | bottle 36  
Pinot grigio 2018
- ST FRANCIS** glass 11 | bottle 30  
Chardonnay 2017
- JJ BOURGOGNE BLANC** glass 12 | bottle 35  
Chardonnay 2015

### REDS

- BODEGAS CHACRA BARDIA**  
Pinot noir 2018 glass 11 | bottle 30
- CHATEAUX ROC DE LAVRAUT**  
Bordeaux 2018 glass 11 | bottle 35
- EL ESTECO DON DAVID**  
Cabernet sauvignon 2017 glass 11 | bottle 34
- BARBERA D ALBA**  
Ruvei Barbera 2017 glass 12 | bottle 34
- ST. FRANCIS**  
Cabernet sauvignon 2016 glass 11 | bottle 34

### BUBBLY

- LAMBERTI PROSECCO 187ML**  
Veneto, Italy 10
- SPARKLING BRUT ROSE** 9

## BEER SELECTIONS 6

- BLUE MOON BELGIAN WHITE ALE,  
CORONA, FAT TIRE PALE ALE,  
HEINEKEN.

@ US Foods Menu 2020 (39331)



forty  carrots

bloomingdale's





# BUNCHED LUNCH

## TODAYS SOUP SELECTIONS 7

### from the fields

#### AVOCADO CAESAR SALAD

Grilled chicken, chopped romaine, focaccia garlic herb croutons, avocado Caesar dressing Crispy Romano cheese. 16

#### ASIAN TUNA SALAD

Pan seared marinated Ahi tuna, scallions, julienned red peppers, fresh herbs, enoke mushrooms  
Marinated red and white Julianne cabbage, crispy noodles, horseradish sesame dressing. 19

#### BERRY FIG

Grilled shrimp, mixed greens, avocado, figs, pears, baked goat cheese, mixed Berries, bistro vinaigrette. 19

#### FORTY CARROT CHOPPED SALAD

Chopped greens, grilled chicken breast, avocado, chopped eggs, tomato, cucumber, pears, apples Provolone, baked tri-colored quinoa with a green Goddess dressing. 19

#### CALIFORNIA SALMON SALAD

Baby arugula, grilled salmon, avocado, heirloom tomato, toasted pecans, avocado, Feta cheese, citrus, drizzled with honey-basil dressing. 20

#### FLAGSHIP PLATTER

A scoop each of our favorite salads – classic tuna and Sonoma chicken and egg salad, on mixed greens with tomato, cucumber and a house balsamic dressing. Accompanied by a regular sized frozen yogurt. 19

#### MANGO CHICKEN SALAD

Mixed greens, grilled chicken, fresh mango, goat cheese, sun-dried cranberries and roasted walnuts with a mango vinaigrette. 18

#### THAI BEEF NOODLE SALAD

Pan seared tenderloin Beef, soba marinated noodles, Julianne cucumbers, carrots, cilantro, mint, shaved red onions, basil, red peppers, hearts of palm, Thai dressing. 18

#### TACO CHICKEN SALAD

Taco flour chips, braised chipotle chicken, iceberg shredded lettuce, tomatoes, Monterrey jack Cheese, scallions, sour cream, guacamole, Rancho dressing. 17

Enjoy a bowl of soup, half sandwich of tuna, Sonoma chicken or turkey breast and follow with a regular Forty Carrot famous frozen yogurt with one topping or a smoothie from our selection 18.50

### forty carrots fashion

#### CHICKEN QUESADILLA

Roasted chicken breast, grilled flour tortilla filled with spinach, tomato and Monterey Jack cheese, guacamole, salsa and sour cream. 17

#### OMELET

Local free range egg omelet with your choice of Brie cheese, apples, spinach, Feta cheese, mushrooms, tomatoes or served with home fries  
(Egg whites available at no extra charge). 17

#### MASTER 40C BURGER

Double 4oz of our own blend of brisket and short rib cooked to your liking, stout caramelized onion, bacon, mushroom, egg, truffle mayo, on brioche roll, tomato, micro greens, serve with crisp fries. 18

#### SONOMA CHICKEN SALAD

Tender breast of chicken with raisins, cashews, grapes, mayonnaise, tarragon on raisin walnut cranberry bread. With seasoned house made chips. 17

#### FORTY CARROTS CLASSIC TUNA SALAD

White albacore tuna with finely diced carrots, celery and mayonnaise on seven-grain bread with seasoned house made chips. 17

#### “NO MAYO” TUNA SALAD

White albacore tuna, chives and celery, combined with a light lemon oregano vinaigrette Served on organic pretzel roll, seasoned house chips. 17

#### CHICKEN PANINI

Sliced marinated grilled chicken, arugula, seasoned heirloom tomatoes, pesto aioli, on a rosemary focaccia bread, French fries. 18

#### LAGUNA WRAP

Grilled chicken, avocado, Swiss cheese, dried figs, dried cranberries, garlic aioli, in whole wheat tortilla, with seasoned house made chips. 18

#### ROASTED VEGETABLE AVOCADO TOAST

Grilled thick focaccia toast, seasoned avocado, roasted seasonal vegetables, heirloom tomatoes, Salsa Verde sauce, micro greens with seasoned house made chips. 16.50

Our classic recipes of Sonoma chicken, turkey sandwich or tuna salad on our natural bread selections accompanied by a regular size yogurt or cup of soup. 16.50

### PERFECT PAIRING

## 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 FROZEN YOGURT

Regular 6 Large 8

#### FRUIT OR NUT TOPPINGS 2

Fresh strawberries, banana, mixed fruit, walnuts, pecans, Almonds

#### FORTY CARROTS CLASSIC TOPPINGS 1

Rainbow sprinkles, raisins, chocolate sprinkles, shredded coconut, wheat germ, carob chips, melba sauce, chocolate syrup

## YOGURT SMOOTHIES

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

#### ALL IN

Frozen yogurt, almond milk, honey, banana, granola, coconut, wheat germ. 7 / 9

#### MORNING BLAST

Coffee frozen yogurt shot of espresso, skim milk, wheat germ. 7 / 9

#### PB & J

Peanut butter frozen yogurt, skim milk, raspberries. 7 / 9

#### TROPICAL SUNRISE

Frozen yogurt, honey, orange juice, pineapple, strawberries.

## FRESH SQUEEZED JUICES

#### SUMMER COOLER

Cucumber, lime, basil. 7 / 9

#### PERFECT COMBO

Cucumber, carrot, beet. 7 / 9

#### SWEET & BRIGHT

Pineapple, ginger, jalapeno. 7 / 9

#### CRISP & REFRESHING

Apple, cucumber, carrot, ginger. 7 / 9

## PLANNING A PARTY?

For more details about private events at 40 Carrots or La Provence please speak with a manager.

FORTY CARROTS FROZEN YOGURT IS AVAILABLE IN HARD PACK TO TAKE HOME



## KID'S menu

*For ages 10 or under  
Served with a fountain soda or milk and a small size frozen yogurt. 12*

Choice of:

GRILLED CHEESE

JUNIOR OMELET

JUNIOR BURGERS

Served with Fries

MAC AND CHEESE

BAKED CHICKEN FINGERS

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. FOOD ALLERGIES? - IF YOU HAVE A FOOD ALLERGY PLEASE SPEAK TO YOUR SERVER OR MANAGER.

SHARING IS 10 PER PERSON

