



BUNCHED LUNCH

Enjoy a small frozen yogurt plus any two of the following items: Soup, mixed green salad, half sandwich, or a 16oz fresh squeezed juice **20**

STARTERS

Bowl of Soup or Mixed Green Salad **10**
Smooth Carrot or Chicken Noodle

FROM THE FIELDS

Selections from The Carrot Patch can be accompanied by a small Forty Carrots frozen yogurt for an additional **4**
Topping additional charge

Rainbow Salad

Jumbo grilled shrimp, baby arugula, roasted beets, goat cheese, and candied walnuts tossed in a sherry vinaigrette, drizzled with a honey-beet reduction **22**

Zorbas Chopped Salad

Chopped romaine, diced tomato, chickpeas, kalamata olives, crumbled feta cheese, cucumbers, and stuffed grape leaves, tossed in a lemon oregano vinaigrette served with grilled pita **19**
add chicken **4** — add shrimp or salmon **6**

Forty Carrots Chopped Salad

Chopped romaine, grilled chicken, avocado, roasted peppers, Swiss cheese, chickpeas, tomatoes, cucumbers, green beans, and hard-boiled eggs with a side of balsamic vinaigrette **21**

Flagship Trio Platter

A scoop of our three favorite salads- classic tuna, Sonoma chicken, and egg salad- atop field greens, shredded carrots, and tomatoes served with a small Forty Carrots frozen yogurt **19**

Mango Chicken Salad

Field greens, grilled chicken, fresh mango, sun dried cranberries, and candied walnuts, tossed in a mango vinaigrette with a goat cheese medallion **21**

HAND HELDS

Served with side of carrot-raisin salad. All sandwiches can be accompanied by a small Forty Carrots frozen yogurt for an additional **4**
Topping additional charge

“No Mayo” Tuna Salad Sandwich

White albacore tuna mixed with finely diced celery, minced red onion, and lemon oregano vinaigrette served on kalamata olive bread with lettuce and tomato **18**

Forty Carrots Classic Tuna Salad Sandwich

White albacore tuna mixed with finely diced celery, carrots, and mayonnaise on seven grain bread with lettuce and tomato **18**

Sonoma Chicken Salad Sandwich

Chicken breast with raisins, cashews, grapes, chives in a tarragon dressing on walnut raisin bread with lettuce and tomato **19**

Egg Salad Sandwich

Our classic egg salad on a brioche roll with lettuce and tomato **18**

Turkey Eastsider

Roasted white meat turkey thinly sliced, lettuce, Swiss cheese, and Russian dressing on seven grain bread **18**

Blackened chicken Panini

Blackened grilled chicken with Swiss cheese, red onion, spinach, and chipotle aioli on pita bread **20**

Shrimp Wrap

Grilled jumbo shrimp, avocado, jalapeño tartar sauce, pico de gallo and mixed greens wrapped in a whole wheat tortilla **22**

KIDS MENU

Youngsters under 10
Served with small juice or milk and a kids size frozen yogurt **12**

Tuna Salad Sandwich on pretzel roll

Mac and Cheese

Chicken Fingers

Kids Cheese Quesadilla

Kids Caesar Salad

FORTY CARROT FASHIONS

Selections from The Carrot Patch can be accompanied by a small Forty Carrots frozen yogurt for an additional 4
Topping additional charge

Aegean Salmon

Grilled Atlantic salmon served with sauteed kale and an organic quinoa and couscous medley, topped with a cranberry fig reduction 24

Mediterranean Quinoa Bowl

Grilled Atlantic salmon over white quinoa with spinach, tomatoes, cucumbers, kalamata olives, feta cheese, hummus, and roasted red pepper vinaigrette 24

Shrimp Tacos

Grilled shrimp, shredded cabbage, and pico de gallo drizzled with chipotle aioli in flour tortilla, served with guacamole and mango slaw 22

Quesadilla

Grilled flour tortilla filled with spinach, Monterey jack cheese, tomato, scallions, and jalapeño peppers, served with pico de gallo, guacamole, and sour cream
Chicken 20 Shrimp 22

Omelet of the Day

Three-egg omelet of the chef's creation, served with a mixed green salad 18
(egg whites +2)

BEVERAGE

FRESH SQUEEZED JUICES

14oz. 9 20oz. 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

Perfect Combo- cucumber, carrot, beet

Immune Booster- carrot, celery, apple, beet, parsley

Fresh Pressed Orange or Pineapple Juice

16oz. 10.50 24oz. 12.50

Hot

Bloomingdales blend coffee 4

Ghirardelli hot chocolate 4

Selection of hot teas 3.50

Espresso- single 4 – double 4.75

Cappuccino or Latte 6

Flavored syrups available 2

Cold

Saratoga sparkling water 4

add fresh fruit +1

Fresh brewed iced tea 4

House made lemonade 4

Shoppers Brew-Lemonade and iced tea 4.50

Bloomingdales Blend Iced Coffee 4

OUR EXCLUSIVE FORTY CARROTS FROZEN YOGURT

Regular 8 Medium 9 Large 10

Fruit and Nut Toppings 2.75ea

Blueberries, strawberries, raspberries, pineapple, banana, mango, walnuts, pecans, almonds, toasted coconut

Forty Carrots Classic Toppings 2.00ea

Melba sauce, wildflower honey, rainbow sprinkles, raisins, chocolate sprinkles, shredded coconut, granola, wheat germ, carob chips, sun-dried cranberries, chocolate syrup, caramel sauce

Toppings for the Young at Heart 2.00ea

Oreo crumbles, gummi bears, m&ms, Reese's peanut butter cup chunks

FORTY CARROTS FROZEN YOGURT SMOOTHIES

14oz. 9 20oz. 11

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

All smoothies can be made with oat or almond milk at your request