

forty carrots at bloomingdale's

Call Ahead: 407-264-2684

FORTY CARROTS FAMOUS FROZEN YOGURT

A selection of Forty Carrots Famous Frozen Yogurts

Regular 8.00

Large 10.00

Classic Toppings 1.50 each

Premium Toppings 2.50 each

EXCLUSIVE FROZEN YOGURT SMOTHIES

16 oz 8.00

24 oz 10.00

Morning Blast

Coffee frozen yogurt, shot of espresso, skim milk, wheat germ

Raspberry Blast

Frozen yogurt, honey, skim milk, raspberries

Banana Whisk

Frozen yogurt, honey, skim milk, banana

Tropical Sunrise

Frozen yogurt, honey, orange juice, strawberries, pineapples

Choconana

Chocolate frozen yogurt, banana, skim milk, chocolate syrup

Island Flavor

Frozen yogurt, banana, carrot juice, strawberries, caramel sauce

Tropical Fruit

Frozen yogurt, pineapple, orange juice, shredded coconut, honey

Strawberry Banana

Frozen yogurt, banana, strawberries, honey, skim milk

SANDWICHES & WRAPS

Sonoma Chicken Salad – chopped white meat chicken, grapes, raisins, cashews, tarragon aioli on artisan cranberry bread **12.00/9.00**

Tuna Salad – Albacore tuna, celery, and onion with mayonnaise on a toasted croissant **10.00**

Egg Salad – chopped hard boiled egg, mayonnaise, and Dijon mustard on multigrain **9.00**

Turkey and Swiss – white meat turkey, swiss, lettuce, tomato, and mayonnaise on a toasted croissant **9.00**

BLT – bacon, lettuce, tomato, and mayonnaise on a toasted ciabatta roll **10.00**

Vegetable Wrap – roasted red pepper hummus, cucumber, lettuce, and balsamic vinaigrette on a flour tortilla **9.00**

Chicken Club – grilled chicken breast, bacon, American cheese, lettuce, and honey mustard on a toasted ciabatta roll **10.00**

Grilled Cheese – American, jack, and cheddar cheese on a toasted garlic buttery ciabatta roll **8.00**

Chicken Tender Wrap – breaded baked chicken tenders, shredded cheddar and jack cheese, bacon, and lettuce in a warmed flour tortilla **9.00**

Chicken Tenders – breaded baked chicken tenders **9.00**

Four Cheese Quesadilla – Jack cheese, cheddar cheese, mozzarella, and parmesan cheese **9.00**

BEC – Bacon, egg, and cheese on a warmed croissant **8.00**

SEC – Sausage, egg, and cheese on a warmed croissant **8.00**

TEC – Turkey, egg, and cheese on a warmed croissant **8.00**

FRESH SQUEEZED JUICES

16 oz 8.00

24 oz 10.00

ABC

Apple, beet, carrot

Popeye

Spinach, parsley, carrot, apple

Garden Special

Spinach, carrot, cucumber, beet, parsley

Sweetie

Carrot, strawberry, orange

40 Carrots Green

Green apple, spinach, kale, parsley, cucumber, celery

Crisp & Refreshing

Apple, cucumber, carrot, ginger

Energizing

Carrot, kale, apple, parsley

Immune Booster

Celery, apple, beet, carrot, parsley

Feel free to create your own juice blend! Additional charges may apply

COFFEE & TEA

Coffee 3.00/4.00

Hot Tea 4.00

Espresso 3.00

Cappuccino 4.00

Cold Brew 5.00/7.00

Latte 4.00

Nitro 6.00

Flavor Shots 1.00

Extra Espresso 2.00

FLATBREADS

Pepperoni – fresh mozzarella, marinara sauce, pepperoni, and parmesan **10.00**

Four Cheese – Fresh mozzarella, jack cheese, cheddar cheese, parmesan cheese, and marinara sauce **10.00**

Margherita – fresh mozzarella, tomato, basil, and balsamic drizzle **10.00**

BBQ Chicken & Bacon – white meat chicken, bacon, jack and cheddar cheese, drizzled with BBQ sauce and homemade ranch **10.00**

Vegan – fresh spinach, tomato, marinara sauce, basil, and garlic **9.00**

SOUPS & SALADS

Soup & A Scoop – Your choice of chicken, tuna, or egg salad with the soup of the day and a flatbread crisp **15.00**

Grilled Chicken Salad – Spring greens, tomatoes, cucumber, and grilled white meat chicken **11.00**

Sonoma Chicken Salad – Served with spring greens, tomato, and a flatbread crisp **11.00**

Flagship Trio Salad – a scoop of each tuna, Sonoma chicken, and egg salad on mixed greens with cucumbers and tomatoes **14.00**

Tuna Salad – Served with spring greens, tomato, flatbread crisp, and crackers **10.00**

Monterey Chicken Salad – Spring greens, tomatoes, bacon, hard boiled egg, cucumber, jack cheese, and grilled chicken breast **12.00**

SIDES

French Fries 5.00

Broccoli Florets 5.00