

# forty carrots



## OUR FAMOUS FROZEN YOGURT

REGULAR	LARGE
\$8	\$10

FRUIT & NUT TOPPINGS	CLASSIC TOPPINGS	TOPPINGS FOR THE YOUNG AT HEART
<p>\$3 EACH</p> <p>Blueberries, Strawberries, Banana, Mango, Walnuts, Pecans, Almonds, Peanuts, Forty Carrots Trail Mix</p>	<p>\$2 EACH</p> <p>Melba Sauce, Wildflower Honey, Rainbow Sprinkles, Raisins, Chocolate Sprinkles, Shredded Coconut, Granola, Wheat Germ, Carob Chips, Chocolate Syrup, Hot Fudge, Caramel Sauce</p>	<p>\$2 EACH</p> <p>Oreo Crumbles, Gummi Bears, Reese's Peanut Butter Cup Chunks, Mini-Reese's Pieces, Chocolate Chip Cookie Dough</p>



## SOUPS

	CUP	BOWL
CHICKEN NOODLE	\$8	\$10
SOUP OF THE DAY	\$8	\$10



## SALADS

ZORBA SALAD	\$14
Romaine, Tomatoes, Chickpeas, Olives, Feta, Cucumbers, Stuffed Grape Leaves, Lemon-Oregano Vinaigrette & Pita	
FORTY CARROTS CHOPPED SALAD	\$16
Baby Field Greens, Avocado, Roasted Peppers, Swiss Cheese, Chickpeas, Tomatoes, Cucumbers, Green Beans, Hard-Boiled Egg & Balsamic Vinaigrette	
CAESAR SALAD	\$14
Romaine, Parmesan, Garlic Croutons & Caesar Dressing	
SESAME MANDARIN SALAD	\$16
Baby Field Greens, Cabbage, Carrot, Edamame, Scallion, Mandarins, Almonds, Crispy Wontons & Toasted Sesame Dressing	
FORTY CARROTS CLASSIC TUNA SALAD SANDWICH	\$16
White Albacore Tuna, Diced Carrots, Celery, Mayonnaise, Tomato, Lettuce, Seven Grain Bread & Dill Pickle	
SONOMA CHICKEN SALAD SANDWICH	\$16
Chicken Breast, Raisins, Celery, Cashews, Grapes, Mayonnaise, Wheat Bread, Tomato, Lettuce & Pickle	
AVOCADO TOAST	\$14
Smashed Avocado, Alfalfa Sprouts, Red Onion, Cherry Tomatoes, Seven Grain Bread, Balsamic Glaze, Sunflower Seeds, Flax Seeds & Sesame Seeds	
+ ADD FRIED EGG	\$2
FORTY CARROTS CLASSIC TRIO SALAD	\$18
Baby Field Greens, Chicken Salad, Tuna Salad, Egg Salad, Cherry Tomatoes, Cucumber & Balsamic Dressing	
+ ADD GRILLED CHICKEN	\$6
+ ADD ROASTED SALMON	\$8
GARDEN VEGETABLE WRAP	\$14
Carrots, Alfalfa Sprouts, Cucumber, Tomatoes, Spinach, Avocado, Green Goddess Dressing & Sun Dried Tomato Wrap	
+ ADD CHICKEN	\$6



ALL MENU ITEMS ARE AVAILABLE FOR DINE IN OR TAKE OUT.

# forty carrots



## SMOOTHIES

REGULAR	LARGE
\$9	\$11

### ALL-IN

Plain Froyo, Almond Milk, Honey, Banana, Granola, Coconut & Wheat Germ

### TROPICAL SUNRISE

Plain Froyo, Honey, Orange Juice, Pineapple & Strawberry

### BANANA WHISK

Plain Froyo, Milk, Honey & Bananas

### STRAWBERRY BANANA

Plain Froyo, Milk, Honey, Strawberry & Banana

### RASPBERRY CLOUD

Plain Froyo, Milk, Honey & Raspberries

### MORNING BLAST

Coffee Froyo, Espresso, Milk & Wheat Germ

### GREEN MACHINE

Kale, Spinach, Parsley, Almond Milk, Banana & Mango



## JUICES

REGULAR	LARGE
\$9	\$11

### ABC

Apple, Beet & Carrot

### CRISP AND REFRESHING

Apple, Cucumber, Carrot & Ginger

### FORTY CARROTS GREEN

Spinach, Celery, Cucumber, Parsley, Kale, Green Apple & Lemon

### IMMUNE BOOSTER

Carrot, Celery, Apple, Beet & Parsley

### ENERGIZING

Carrot, Kale, Apple & Parsley

### SPICY CARROT

Carrot, Ginger, Turmeric & Black Pepper

### LOCAL GARDEN

Spinach, Carrot, Beet, Cucumber & Parsley

### SKIN TONER

Spinach, Parsley, Carrot, Apple & Red Pepper

### GINGER SHOT

\$4

### TURMERIC SHOT

\$4



## COFFEE & TEA

AVAILABLE HOT OR ICED

COFFEE	\$4.50
LATTE	\$5.50
CAPPUCCINO	\$5.50
MOCHA	\$5.50
MACCHIATO	\$5.50
COLD BREW	\$5
HOT TEA	\$4.50



## BEVERAGES

SARATOGA STILL	\$7
SARATOGA SPARKLING	\$7
MEXICAN COKE	\$4
MEXICAN SPRITE	\$4
GINGER ALE	\$4
DIET COKE	\$3.50
ICED TEA	\$4.50
LEMONADE	\$4.50
SHOPPER'S BREW	\$4.50
ORANGE JUICE	\$4.50



## BAKERY

BAGEL	\$2.50
+ ADD CREAM CHEESE	\$1.50
+ ADD BUTTER	\$1
CROISSANT	\$4.50
CHOCOLATE CROISSANT	\$4.50
BANANA BREAD	\$5
CINNAMON ROLL	\$5
CHOCOLATE BABKA	\$5
BLUEBERRY MUFFIN	\$5
COOKIE	\$3



## DESSERT

CHEESECAKE	\$8
CARROT CAKE	\$8
FRUIT TART	\$8
KEY LIME PIE	\$8
CHOCOLATE CAKE	\$8



ALL MENU ITEMS ARE AVAILABLE FOR DINE IN OR TAKE OUT.