## forty carrots



REGULAR	LARGE
\$8	\$10

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

SOUPS

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





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

mashed Avocado	, Alfalfa Sprouts	, Red Onion,	Cherry Tomatoes,	



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	s <b>14</b>
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 TRIO SALAD

Seven Grain Bread, Balsamic Glaze, Sunflower Seeds, Flax Seeds

& Sesame Seeds

S

+ ADD FRIED EGG

## GARDEN VEGETABLE WRAP

Carrots, Alfalfa Sprouts, Cucumber, Tomatoes, Spinach, Avocado, Green Goddess Dressing & Sun Dried Tomato Wrap

+	ADD CHICKEN	\$6	6

Baby Field Greens, Chicken Salad, Tuna Salad, Egg Salad, Cherry Tomatoes, Cucumber & Balsamic Dressing

+	ADD GRILLED CHICKEN	\$ 6
+	ADD ROASTED SALMON	\$ 8

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

PLEASE INFORM YOUR SERVER IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. CONSUMING RAW OR UNDERCOOKED MEAT, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

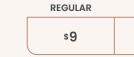
\$2

\$14

## forty carrots



SMOOTHIES



LARGE

\$]]

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



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	\$ <b>4</b>
TURMERIC SHOT	\$ <b>4</b>







COFFEE	\$ <b>4</b> .50
LATTE	\$ <b>5</b> .50
CAPPUCCINO	\$ <b>5</b> .50
МОСНА	\$ <b>5</b> .50
МАССНІАТО	\$ <b>5</b> .50
COLD BREW	\$5
HOT TEA	\$ <b>4</b> .50



SARATOGA STILL	\$7
SARATOGA SPARKLING	\$7
MEXICAN COKE	\$ <b>4</b>
MEXICAN SPRITE	\$ <b>4</b>
GINGER ALE	\$ <b>4</b>
DIET COKE	\$ <b>3</b> .50
ICED TEA	\$ <b>4</b> .50
LEMONADE	\$ <b>4</b> .50
SHOPPER'S BREW	\$ <b>4</b> .50
ORANGE JUICE	\$ <b>4</b> .50







BAGEL	\$ <b>2</b> .50	CHEESECAKE	\$8
+ ADD CREAM CHEESE	<b>\$1</b> .50	CARROT CAKE	\$8
+ ADD BUTTER	\$]	FRUIT TART	\$8
CROISSANT	\$ <b>4</b> .50		
CHOCOLATE CROISSANT	\$ <b>4</b> .50	KEY LIME PIE	\$8
BANANA BREAD	\$5	CHOCOLATE CAKE	\$8
CINNAMON ROLL	\$5		
CHOCOLATE BABKA	\$5		
BLUEBERRY MUFFIN	\$5		
COOKIE	\$3		



PLEASE INFORM YOUR SERVER IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. CONSUMING RAW OR UNDERCOOKED MEAT, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.