

forty carrots

BUNCHED LUNCH

½ sandwich of your choice: Tuna, Sonoma chicken, turkey breast, served with house made chips, Cup of soup, small frozen yogurt 22

TODAYS SOUP SELECTIONS Cup 7 Bowl 8

SALAD COLLECTION

Forty Carrot Chopped Salad

Baby field greens, grilled chicken, avocado, roasted peppers, Swiss cheese, chickpeas, tomatoes, cucumbers, green beans, hard-boiled egg, grilled onion-balsamic vinaigrette 21

Avocado Caesar Salad

Grilled chicken, chopped romaine, garlic-herb croutons, avocado, crispy Romano cheese Caesar dressing 19

With shrimp add 4 with salmon add 6

Flagship Trio Platter

A scoop each of our favorite salads – a scoop of classic tuna, scoop Sonoma chicken, scoop of egg salad, served on mixed greens with heirloom tomato, sliced cucumber, and a house balsamic dressing 21

Mango Chicken Salad

Mixed greens, grilled chicken, fresh mango, goat cheese, sun-dried cranberries, roasted walnuts with a mango vinaigrette 21

Zorba's Chopped Salad

Chopped Romaine lettuce, Mediterranean marinated chicken breast, sliced tomato, chickpeas, Kalamata olives, crumbled Feta cheese, cucumber ribbons and stuffed grape leaves, lemon oregano vinaigrette and grilled pita bread 21

Berry fig

Grilled shrimp, mix greens, mixed berries, avocado, figs, pear, goat cheese, lime-honey basil dressing 22

Mediterranean Ahi-Tuna

Pan seared Ahi-Tuna, baby arugula, avocado, quinoa, artichokes, roasted peppers, Feta cheese, kalamata olives, red wine dressing 22

California Salmon Salad

Grilled salmon, baby arugula, avocado, heirloom tomato, toasted pecans, feta cheese, citrus-honey basil dressing 23

Greek shrimp

Grilled shrimp, hummus, romaine, cherry tomato, red onion, cucumber, kalamata olives, feta-yogurt dressing 22

Tuscan Chicken Salad

Chicken paillard, cherry tomato, arugula, artichokes, roasted red pepper, burrata, toasted walnuts, figs, balsamic reduction dressing 21

Pear Salad

Grilled chicken, greens, grape, pears, mixed berries, Gorgonzola, toasted pecans, raspberry dressing 21

SOMETHING SPECIAL

Add a small 40 carrots Frozen Yogurt 6

Branzino Pan-seared, quinoa, asparagus, cherry tomatoes, butternut squash purée 24

Short Rib Braised and boneless, Gorgonzola mashed potato, frizzled onions, natural sauce 25

Shrimp Scampi Golden shrimp, garlic lemon sauce, over linguini pasta 24

Asian Stir Fry Broccoli, bamboo shoots, mushrooms, carrots, scallions, honey ginger sauce, steamed white rice
With chicken 21 With shrimp 22

Angel Hair grilled zucchini, squash, spinach, butternut squash, asparagus, roasted tomato sauce 19

Chicken ala Vodka golden chicken breast, prosciutto, onions, vodka sauce. Served over linguini pasta 21

ARTISAN CRAFTED HAND HELDS

Quesadillas

Grilled flour tortilla, spinach, tomato, Monterey Jack cheese, guacamole, Salsa, sour cream.

Choice of chicken 18 shrimp 20

Omelet

Local free range egg omelet with your choice of Brie cheese, apples, spinach, Feta cheese, mushrooms, tomatoes or served with home fries 18

Master 40 Carrots Burger

6 oz of our own freshly blend, brioche roll, lettuce, tomato, choice of caramelized onions, mushrooms, bacon, American, Swiss or Cheddar cheese.

French fries 19

Sonoma Chicken Salad

Our signature chicken salad. Served on raisin walnut cranberry bread. Served with house-made chips 19

Forty Carrots Classic Tuna Salad

White Albacore tuna, diced carrots, celery, mayonnaise. Served with house-made chips 19

Chicken Club

Grilled chicken, toasted ciabatta bread, avocado smashed, bacon, lettuce, tomatoes, lemon aioli.

Served with French fries 19

Like No Other BLT

Pretzel croissant, crispy bacon, goat cheese spread, lettuce, tomatoes, sliced avocado, chipotle aioli, sweet potatoes fries 18

Chicken Panini

Grilled chicken, arugula, seasoned heirloom tomatoes, fresh mozzarella, pesto aioli.

Served on a rosemary focaccia bread. French fries 19

Laguna Wrap

Grilled chicken, avocado, Swiss cheese, dried figs, dried cranberries, garlic aioli, whole wheat tortilla.

Served with French fries 19

Turkey Sandwich

Hand carved turkey breast, ciabatta bread, avocado, cranberry spread, lettuce, tomatoes, Brie cheese.

Served with sweet potatoes fries 18

Avocado Toast

Avocado spread on multigrain toast, sliced tomatoes, crispy bacon, sunny side up eggs.

Served with sweet potatoes fries 18

Fig Panini

Grilled chicken, fig spread on ciabatta bread, avocado, goat cheese, sliced tomatoes, lettuce.

Served with French Fries 18



THE LITTLE MENU

For ages 10 or under

Includes children's beverage and additional yogurt 12

Choice of

Grilled cheese with fries

Junior Cheddar cheese omelet with fries

Junior cheese burger

Mac and cheese

Baked chicken fingers

Angel hair with marinara sauce or butter

BEVERAGES

Cold

Bloomington's water	3
Soft drinks	3
House made lemonade/shopper's brew	3.5

Hot

Illy's Blend Coffee	2.5
Illy's Cold Brew	
Plain cold Brew or ARIA cold Brew	
12oz 5 16oz 6.5 24oz 9	
Ghirardelli hot chocolate	5
Espresso	3.50
Cappuccino/Latte	5
Selection of Mighty Leaves hot teas	3

FIND OUT WHAT ALL THE FUSS IS ABOUT

Over 45 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 8 Large 10

Fruit or Nut Toppings 2.75

Strawberries, mango, pineapple, banana, walnuts, pecans, almonds, cashews.

Forty Carrots Classic Toppings 2

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

Toppings for the Young at Heart 2

Oreo crumbles, chocolate chips, coconut, chocolate syrup, raisins, popover

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Food allergies? Please speak to your server or manager

Sharing charge \$10 per person