

forty carrots

BUNCHED LUNCH

Small frozen yogurt plus any two of the following items:

Soup, green salad, half sandwich (not a wrap) or a 16oz fresh squeezed juice 23

STARTERS

Chicken Noodle Soup 10

Today's Selection P/A

Mixed Green Salad 9

Tomatoes, carrots, cucumbers

THE CARROT PATCH

Add a small Forty Carrots frozen yogurt for an additional \$6. Toppings are extra.

Add chicken +7 salmon +8 or shrimp +9

Substitute chicken with salmon +6, shrimp +7

Roasted Beet Salad

Baby arugula, roasted red & golden beets, goat cheese
candied walnuts, sherry vinaigrette, honey-beet reduction 19

Zorba Salad

Romaine hearts, tomatoes, chickpeas, black olives, feta cheese
cucumbers, stuffed grape leaves, lemon-oregano vinaigrette, pita 18

Chicken Caesar Salad

Romaine hearts, grilled chicken, parmesan cheese, croutons, creamy Caesar dressing 20

Forty Carrots 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

Flagship Trio Platter

Baby field greens, tomato, carrots, cucumber, scoop of tuna salad
scoop of Sonoma chicken salad, scoop of egg salad 19

Mango Chicken Salad

Baby field greens, grilled chicken, fresh mango, and goat cheese
sun-dried cranberries, candied walnuts, mango vinaigrette 22

Steak Salad

Grilled flank steak, blue cheese, charred corn, cherry tomatoes, watermelon radishes, mixed greens, and shallot vinaigrette 27

KIDS MENU

For ages 10 and under

Served with a fountain soda, small juice or milk and kids size frozen yogurt

Grilled Cheese 14

Spaghetti 14 Tomato sauce or butter

Chicken Nuggets 14

Mac & Cheese 14

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BEVERAGES

Saratoga still water 3

Saratoga sparkling water 3

Coffee 3

Espresso 3

Fountain soda 4

Iced coffee 4

House made lemonade 4

Shopper's brew lemonade-iced tea 4

Whole leaf tea 4

FORTY CARROTS FASHIONS

Add a small frozen yogurt +\$6. Toppings are extra.

Mediterranean Penne

Pasta quills, grilled squash & zucchini, artichoke hearts, tomatoes, garlic olive oil, parmesan cheese 21

Honey Crusted Chicken

Pan-roasted chicken breast, honey mustard crust, roasted Yukon potatoes, sautéed broccoli & carrots, natural jus 26

Cod Fish Tacos

Guacamole, charred pineapple salsa, red cabbage
salsa Verde, chipotle sour cream, three soft flour tortillas 28

Pan Seared Branzino

Braised artichoke and asparagus, potato gnocchi, roasted tomato vinaigrette 28

Quesadilla

Grilled flour tortilla, spinach, tomatoes, scallions, jalapeño peppers
Monterey jack cheese, guacamole, salsa, sour cream 18

Omelette of the Day

Three eggs or egg whites your way, mixed green salad, or toast 18

**Can be prepared vegan upon request.*

SANDWICHES AND WRAPS

Add a small frozen yogurt +\$6. Toppings are extra

Forty Carrots Classic Tuna Salad

White albacore tuna, diced carrots, celery, mayonnaise, or no mayo on seven-grain bread 18

Sonoma Chicken Salad

Chicken breast, raisins, celery, cashews, grapes, light mayonnaise, choice of bread 18

Turkey Eastsider

Boars Head turkey breast, lettuce, tomato, Swiss cheese, Russian dressing, seven-grain bread 17

Salmon Burger

Fresh salmon, avocado, jalapeño peppers, lettuce, tomato, red pepper relish
chipotle mayonnaise, brioche roll, roasted Yukon potatoes 24

Veggie Burger

Blend of vegetables & soybean, Swiss cheese, avocado, tomato
honey Dijon dressing, mixed green salad, brioche roll 19

Sweet & Sour Chicken Wrap

Pan-seared chicken, charred pineapple, sautéed peppers & onions
white rice, orange-chili-soy sauce, whole wheat wrap 19

Avocado BLT

Avocado, turkey bacon, lettuce, tomato, mayonnaise, toasted seven-grain bread 18

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**There is a \$10 per person minimum in the dining room from 12:00pm – 3pm. Sharing charge \$10*

OUR EXCLUSIVE FROZEN YOGURT

Everyday Favorites

Plain, Coffee, Chocolate, Vanilla, Peanut Butter

Regular 9 Large 10

Fruit and Nut Toppings 3

Blueberries, blackberries, strawberries, pineapple, banana, mango, walnuts, pecans, almonds, peanuts, Forty Carrots trail mix, 'wet' walnuts with maple syrup, chocolate-covered blueberries

Forty Carrots Classic Toppings 2

Melba sauce, wildflower honey, rainbow sprinkles, raisins, chocolate sprinkles, shredded coconut, granola, wheat germ, carob chips, chocolate syrup, hot fudge, caramel sauce

Toppings for the Young at Heart 2

Oreo crumbles, gummi bears, fruity pebbles, chocolate crispies, Reese's peanut butter cup chunks, mini-Reese's pieces, Heath bars, chocolate chip cookie dough

FROZEN YOGURT SMOOTHIES

16 oz. 10 24 oz. 12

All In – frozen yogurt, almond milk, honey, banana, granola, coconut, wheat germ

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

Choconana – chocolate frozen yogurt, banana, skim milk, chocolate syrup

PB & J – peanut butter frozen yogurt, skim milk, raspberries

Add F-Factor 20/20 fiber/protein powder to boost the nutrient density of any smoothie or juice 3.50

F-Factor Very Berry- Vanilla F-factor 20/20 fiber/protein powder, plain frozen yogurt, almond milk, strawberries, and raspberries

F-Factor Chocolate Banana Delight- Chocolate F-factor 20/20 fiber/protein powder, chocolate frozen yogurt, almond milk and banana

16 oz. 11 24 oz. 13

FRESH SQUEEZED JUICES

16 oz. 9 24 oz. 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

Earthy Sips – cantaloupe, carrot, golden beet, orange, basil

Purely Refreshing – carrot, beet, ginger, orange, pineapple

Nutryfusion – beet, apple, lemon, ginger

Summer Cooler - cucumber, lime, basil

Perfect Combo – cucumber, carrot, beet

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

Skin Toner – carrot, green pepper, cucumber, kale

Energizing – carrot, kale, apple, parsley

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