

14 Carrot Cafe

2305 Eastlake Ave E 98102-3305 · +12063241442 · Updated: Jan 14, 2026

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SALADS & SOUPS 10

Greek Salad \$10.25

romaine lettuce, cucumbers, tomatoes, green peppers, pepperoncini, onions, kalamata olives and feta cheese.

14 Carrot Caesar Salad \$10.75

bits of sun-dried tomatoes, mushrooms, parmesan cheese and croutons tossed with romaine lettuce and (non.egg) caesar dressing, either sprinkled with, baby shrimp or topped with grilled chicken.

Spinach Salad \$10.25

a bed of fresh spinach topped with tomatoes, mushrooms, artichoke hearts, bacon, and your choice of swiss, feta or bleu cheese.

Deluxe Salad \$10.25

large bowl of mixed greens, cabbage and carrots, along with avocado, mushrooms, tomatoes, green peppers, almonds, and your choice of cheddar or swiss cheese, all topped with sunflower seeds.

Taco Salad \$11.50

black beans, salsa, sour cream, avocado, cheddar cheese, green onions, black olives stuffed in our homemade taco shell with your choice of beef or chicken comes with a side of fruit

Side Salad \$5.25

fresh greens, red cabbage & carrots

Cobb Salad \$10.50

mixed greens, turkey, ham, avocados, hard boiled eggs & bleu cheese crumbles with your choice of dressing.

Soup And Salad \$8.00

bowl of soup & small green salad

Soup And 1/2 Sandwich AVAILABLE OPTIONS

soup of the day & a half sandwich

Cup: \$7.50

Bowl: \$8.50

Soup AVAILABLE OPTIONS

Cup: \$4.25

Bowl: \$5.25

Bottomless: \$6.95

SANDWICHES 13

14 Carrot Club \$10.25

turkey, ham, bacon, cheddar swiss, lettuce, and tomatoes

Roast Turkey	\$9.50
slices of roasted turkey breast with tomatoes & lettuce	
Avo Turkey	\$9.95
turkey, avocado, cream cheese, tomatoes & lettuce	
Cranberry Turkey	\$9.50
turkey, cranberry sauce & cream cheese	
Hot Ham & Swiss	\$9.50
sliced lean ham grilled with swiss cheese & tomatoes	
Roast Beef	\$11.50
provolone cheese, thinly sliced roast beef, grilled onions on wheat or white hoagie	
Corn Beef Sandwich	\$9.50
stacked thin slices of corn beef, grilled onions, stone ground mustard & a pickle	
Classic Blt	\$8.95
what else would it be! bacon, lettuce & tomatoes on toasted bread with mayo	
Chicken Salad	\$9.50
chicken, celery, tarragon & mayonnaise, topped with lettuce	
Tuna Salad	\$9.25
dolphin safe albacore white tuna with celery & mayonnaise	
Egg Salad	\$8.95
served with lettuce & your choice of bread	
Three Cheese Grill	\$8.95
grilled cheddar, mozzarella & swiss, topped with tomatoes	
Garden Fresh	\$9.00
avocado, cream cheese, cucumbers, tomatoes, & lettuce	

BURGERS 10

Nutburger	\$9.95
14 carrot's awn meatless sensation	
Garden Burger	\$8.95
another meatless alternative	
Bacon Cheese	\$8.95
this ones vegan. no egg or dairy here	
1/4 Pound Beef	\$8.95
basic but oh-so-good	
Bacon Cheese	\$10.95
exactly what it says! choose your cheese, cheddar, swiss or mozzarella.	

Mushroom Swiss	\$10.95
mounds of freshly sauteed mushrooms & swiss	
Chicken Burger	\$9.75
the burger that didnt cross the road	
Turkey Burger	\$9.75
you will be thankful for this	
Fish Burger	\$9.75
just for the halibut. (we apologize for this joke).	
Patty Melt	\$9.75
cheddar or swiss on a beef patty. well add the grilled onions on rye bread.	

ENTREES 4

Chicken Curry	\$10.50
diced chicken breast with fresh apples, almonds, tomatoes, onions and east indian rice spices, all simmered in a mango-chutney sauce.served with brown rice.	
Athenian Gyro	\$9.50
gyro slices piled with lettuce, tomatoes. red onions feta and tzatziki sauce.nested in a pita pocket. served with greek lemon-sauteed red potatoes.	
Quesadillas A La Greque	\$9.25
four corn tortillas filled with shrimp, feta cheese. mozzarella. tomatoes and herbs	
Baked Vegetarian Lasagna	\$10.50
fresh pasta with broccoli, zucchini, spinach, ricotta and mozzarella cheese baked in a tasty marinara sauce served with green salad & bread	

SIDE ORDERS 19

Bacon (4 Strips)	\$3.95
Ham	\$3.95
Sausage Patty	\$3.95
Veggie Patty	\$3.95
Pork Breakfast Links (4 Links)	\$3.95
Bagels	
whole wheat, sesame, or plain	
Toast	\$2.75
whole wheat, sourdough, rye, english muffin	
Hash Browns	\$3.50

Cascioppo Brothers Chicken	\$4.50
turkey sausage & chicken apple breakfast links (3 links)	
1 Egg	\$1.25
1 Pancake	\$2.50
Hash Browns	\$6.50
with the works, melted cheese, sour cream & salsa	
Basket Of Fries	\$3.95
Sour Cream	\$2.00
Salsa	\$2.00
Yogurt	\$1.95
Half A Grapefruit	\$2.50
Fruit Cup	\$2.95
Fruit Bow	\$5.25

BAKERY ⁶

14 Carrots Cinnamon Roll	\$3.95
14 Carrots Yogurt Streusel Coffee Cake	\$3.95
14 Carrot Cake	\$4.95
Fruit Pie	\$3.95
Scones & Muffins	\$2.25
Our Own Cookies	\$2.25
chocolate chip, peanut butter, molasses, oatmeal raisin	