



Green Heart MENU for January 18th @ Rillito Park Farmers Market – CITRUS FESTIVAL at Rillito

MARKET HOURS: 9 AM – 1 PM

(Please have your order in by Thursday 6 pm. For us, “the sooner the better” ☺)

Southwest Black Bean Soup

Ted will make his delicious black bean soup that he seasons with epazote. Also roasted corn, red bells, some tomatoes. (GF, SF, nut-free) \$7.50

Carrot Ginger Soup

Roasted organic carrots, fresh ginger, onions, garlic, blended for a “smooth” soup. (GF, SF, nut-free) \$7.50

Thai Red Curry

Not “hot spicy”. Bok choy, broccoli, asparagus, carrot, onion, chickpeas & zucchini. Served with organic brown jasmine rice. (GF, SF, nut-free, oil-free) \$15.

Kale Potato Enchilada Casserole

Also not “hot spicy”. Organic: potatoes, kale, pinto beans, onions, spices, corn tortillas, green tomatillo sauce, “cheez” sauce (almond milk, nutritional yeast, oat flour, spices) (GF, SF, oil-free) \$15

Calzone

Filled with potatoes, onions, red bell in a house made marinara with Italian herbs & house made sausage (pinto bean base). Baked in an organic sprouted spelt crust. (SF, small amount of avocado oil in crust) With Violife mozzarella. \$15



Sandwiches

Seitan Reuben: house-made seitan corned “beef”, sauerkraut, house-made cashew cheez spread, with our Russian dressing, on Sprouts sourdough rye \$13.

Veggie Wrap: house made oil-free hummus, crispy oven baked tofu, shredded carrots, purple cabbage. WW lavash OR Siete brand tortilla. **PLEASE SPECIFY.** With Miso Tahini dipping sauce on the side. (filling is GF, all nut-free & no added oil) \$13

Healthy Desserts

Organic Carrot Cake: organic carrots, organic oat flour, sweetened with agave. Vanilla frosting (silken tofu based) (GF, no added oil/fat) By the slice \$8

Tiramisu by the slice: the mascarpone is made of whipped coconut cream blended with soaked cashews and maple syrup – but not too sweet. (GF, SF, oil-free) \$8

Organic Hand Pie in organic sprouted spelt crust (SF, no nuts) \$8. **Organic APPLE filling or PEACH**

Peanut Cacao Nib Truffle: we are now using organic peanut flour, which is less oily than dry roasted peanuts \$2.50 each or 3/\$7.

Organic Fresh Berry Tarts (GF, no nuts) \$8.

Alaine’s Rainforest Cake –our 33rd Holiday season: a loaf made of organic & unsulfured: Brazil nuts, dates, apricots, pineapple, raisins, craisins, fresh orange zest, agave and brown rice flour. Slice \$5.00 1 lb loaf \$27 2 lb loaf \$46

Breakfast

Orange Coconut Pineapple Coffee Cake (GF, SF, no added fat, no nuts) \$5/slice

Zucchini Walnut Bread, 10 oz. (GF, SF, no added fat) \$8

Pumpkin Pecan Bread 10 oz. organic oat flour, agave-sweetened (GF, no added oil) \$8.

Banana Walnut 10 oz Loaf (SF, GF, no added oil) \$8

Carrot Bread: 10 oz: organic oat flour, carrots, pineapple, pecans, raisins. (GF, no added fat) \$8.

Cookies and Bars

Nutter Butters: oat flour, maple syrup, peanuts-only peanut butter, vanilla. These are filled with peanut butter blended with vegan cream cheese, so they should be kept cold. 3 in a package. (GF, no added oil) \$6

Samoa Cookies: Dipped in chocolate, healthy version of the Girl Scout cookies. 3 cookies in a container (GF, SF, no nuts) \$5

Apricot Date Breakfast Bar (GF, SF, oil-free, date-sweetened, no nuts) 5.00

Chocolate Glazed Donut, baked, topped with sprinkles (GF, SF, no added oil, no nuts)\$5.00

Chocolate Raspberry Mini Bundt Cake: org. oat flour, sweetened w/maple & agave. (GF, no nuts, no added fat) \$8.

Raspberry Bars: crust of rolled oats, toasted almond flour & coconut flour. The Filling is our raspberry glaze. Top crust is same with chopped almonds added. (GF, SF, no added fat) \$5.

Oatmeal Applesauce w/Chocolate Chip (GF, no added fat, no nuts) 4.50

Chocolate Chip Pecan (SF, GF) 4.50

Molasses Ginger (GF, no nuts) 4.50

Organic Chocolate Brownie (GF, oil-free) 5.00

Magic Bar (grain-free, GF, SF, oil-free) 5.00

Thank you in advance for your order. Please note that we MAY only make enough savory to fill orders.

Feel free to phone me w/questions and/or special requests.

And feel free to forward this menu to anyone you know who'd be interested in WFPB foods.

See you Sunday! Alaine

Green Heart Bakery
520-954-2409