



## Green Heart MENU for January 25th @ Rillito Park Farmers Market

**MARKET HOURS: 9 AM – 1 PM**

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

### “Cream” of Cauliflower Soup

Onions, potatoes, white wine, lots of cauliflower, in a miso base. (GF, nut-free) \$7.50

### Tuscan White Bean Soup

In a creamy broth (oat milk), with onions, garlic, kale, potatoes, and house made “sausage” crumbles (organic tofu based) (GF, nut-free) \$7.50

**Frozen: Southwest Black Bean Soup (GF, SF, nut-free) \$7**

### Mad Cowboy Bowl

Our seitan spare “ribs” in our oil-free barbecue sauce, on a bed of oven-roasted veggies: potatoes, onions, squash, parsnips. Our Ranch dressing on the side.

(This is a tribute to my favorite dish at Tanya Petrovna’s Westwood restaurant, Native Foods – long gone. The Mad Cowboy was Howard Lyman.) (SF, nut-free, oil-free) \$15.

### TV Dinner

“Meat” loaf with garlic mashed potatoes,, green beans, and mushroom gravy on the side. NOT the Millet Loaf, this loaf is made of lentils, brown rice, mushrooms, rolled oats, onions, carrots, herbs, tomato paste. (GF, SF, oil-free) \$15



## Sandwiches & Salads

**Curried Tempeh ChickUn Salad:** made of 3-grain tempeh in a dressing of mayo and mango chutney, mixed with celery, carrots, raisins, walnuts, & roasted cashews. On Dave's Bread **OR on a bed of greens, with fresh veggie garnish.** \$13

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

**Roasted Veggie Sandwich:** house made oil-free hummus, roasted eggplant, portabella mushrooms, red bell peppers. On Dave's Bread. (SF, no added oil, no nuts) \$13  
OR Roasted Veggies w/o bread, in container (GF)

## Healthy Desserts

**Lemon Raspberry Cake:** fresh lemon, 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 CHERRY.**

**Chocolate Cherry Truffle:** dates, dried cherries, cacao \$2.50 each or 3/\$7.

**Chocolate Mousse:** individual mini-pie, maple-sweetened, GF crust. (GF, no added fat, no nuts) \$8

**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

**Date Walnut Scone:** oat & teff flour, maple glaze (GF, SF) \$5

**Pear & Cranberry Streusel Coffee Cake** (GF, SF, no added fat) \$5/slice

**Orange Cranberry Walnut Bread,** 10 oz. (GF, no added fat) \$8

**Sweet Potato Bread** 10 oz. organic oat flour, sweetened w/coconut sugar, dried apricots, & topped with pumpkin seeds (GF, no added oil) \$8.

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

**Seedy Quinoa Breakfast Cookies:** rolled oats, cooked quinoa, with pumpkin seeds, hemp seeds and chia seeds. Lightly sweetened with maple. 4 small cookies in an order. (GF, SF, no nuts, no added fat) \$5

## Cookies and Bars

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**Wendy's Wonder Bars:** made of ripe banana, rolled oats, craisins & almonds – that's all! No added sweetener, and very nourishing and filling. (GF, SF, no added fat) \$5

**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 Raspberry Truffle Brownie:** Different than our big cake brownie, it is dense – but not from fat! Oat flour, melted 100% cacao, our raspberry glaze mixed in batter, and fresh raspberries, too. So no added oil/margarine but a fudgy rich brownie as if there were – and similar to a truffle. (GF, SF, no nuts, no added fat) \$5

**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*