



Green Heart MENU for February 1st @ 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” ☺)

Mushroom Barley Soup

Ted will make Mushroom Barley soup; this is thick and hearty. (miso base, nut-free) \$7.50

Pumpkin Lentil Soup

Red lentil soup with organic pumpkin, carrots, celery, onion & Ted’s fresh herbs. (GF, SF, nut-free) \$7.50

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

Vegan Orange ChickUn

Using soy curls, which have only one ingredient (GMO-free soy), marinated in a fresh orange juice-based marinade (with garlic and ginger), and sautéed with mushrooms and red bell peppers. (GR, no added oil, no nuts) Organic brown jasmine rice on the side. \$15

GF Roasted Veggie Lasagna w/Puttanesca Sauce

Roasted eggplant, zucchini, yellow squash, red bells, then basted in our oil-free pesto. Layered with Tinkyada organic brown rice lasagna noodles, and our ground beef made with lentils and beets. We make a marinara and kick it up with capers, shallots and minced Kalamata olives to make puttanesca sauce. Our house made cashew cheez is throughout, and topped with a vegan mozzsarella that we make. (GF, SF, oil-free) \$15



Sandwiches & Salads

Quinoa Salad: Organic quinoa with green onions, cucumber, carrot, parsley, raisins and sliced almonds in a curry lime dressing (coconut yogurt base). RANCH DRESSING on the side, too. (GF, SF, oil-free) **\$12**

Tofu Egg Salad: made of silken extra firm tofu, with seasonings. 8 oz container OR on Dave's Bread (filling is GF, nut-free) **\$12**

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

Millet Lentil Loaf Sandwich: Our usual sprouted organic millet lentil loaf with basil, thyme, oregano and onion. On Dave's Bread with our cashew cheez on one side, and ketchup on the other. (SF, no added fat or nuts) **\$12**
OR just the millet loaf, no bread, is GF. (5" x 2.5") **\$13**

Healthy Desserts

German Chocolate Cake: our chocolate cake frosted in both our chocolate frosting, and the yummy coconut pecan topping. (GF, no added oil/fat) By the slice **\$8**

Chocolate Raspberry Heart: our chocolate cake baked in a heart shape, split, filled with our vanilla frosting tinted pink w/raspberry glaze, topped with raspberry glaze, and trimmed in chocolate frosting. (GF, no nuts, no added fat) **\$8**

Chocolate Cherry Parfait: bits of our chocolate cake layered with our chocolate mousse and organic dark sweet cherries. (GF, no nuts or added fat) **\$7**

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.

Almond Overjoy Truffle (almonds, dates, coconut) (raw, GF, SF, oil-free) \$2.50/each or 3/\$7

Chocolate Mousse: individual mini-pie, maple-sweetened, GF crust. (This was our biggest selling item in Los Angeles all through the '90's.)GF
(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 & unrefined: Brazil nuts, dates, apricots, pineapple, raisins, raisins, fresh orange zest, agave and brown rice flour. Slice \$5.00 1 lb loaf \$27 2 lb loaf \$46

Breakfast

Blue Corn Mesquite Waffles: 2 waffles, 4" x 4", wrapped, and ready for your toaster. These are hearty and very filling (GF, SF, no added fat or nuts) \$8

Cranberry Orange Scone: oat & teff flour, maple glaze (GF, SF, no nuts) \$5

Peach and Pecan Streusel Coffee Cake (GF, SF, no added fat) \$5/slice

Zucchini 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

Wendy's Wonder Bars: made of ripe banana, rolled oats, raisins & 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 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.

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*