



Green Heart MENU for February 15th @ 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” ☺)

Squash & Red Bean Stew

In addition to the butternut squash and red beans: onions, carrots, red bells, garlic and herbs to season this hearty soup. (GF, SF nut-free)
\$7.50

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

Beluga (Black) Lentil (GF, SF, nut-free) – \$7

Mushroom Barley (miso base, nut-free) \$7

Moroccan Chickpea Potato Tagine

Yukon gold potatoes and chickpeas simmered with fresh ginger, garlic, onion, lemon zest, fresh tomato, and ras al hanout spice blend. Served over herbed quinoa. (GF, no nuts, oil-free) \$15

Asparagus & Tomato Quiche

Organic asparagus, fresh tomatoes, sundried tomatoes, onion, fresh basil, in a sprouted organic tofu-based filling, topped with Violife mozzarella, in an organic spelt crust. With whole grain salad on the side (organic: millet, oat groats, wheat berries, brown rice) (there is a small amount of oil in the crust) \$15

Gluten-free option: GF crust, OR no crust (grain-free)

This is made in its own 6” pie pan (NOT a slice) so it’s larger (GF, no nuts) \$18, includes sprouted lentil salad.

Whole 9” quiche \$35

Sprouted Lentil Salad

So fresh & crunchy! Sprouted organic lentils with green & red cabbage, shallots, mandarin oranges & crsisins in a seasoned vinaigrette. Very nourishing & filling. (GF, SF, oil-free, nut-free). \$12

Sandwiches

Roasted Calabacitas & Red Bells on Dave's Bread

w/Eggplant Creme: Lightly toasted Dave's Bread, spread with eggplant crème (which is roasted eggplant, seasoned, and pureed), then topped with roasted calabacita (Mexican zucchini) and roasted red bells (filling is GF, SF, oil-free) \$13

BBQ Jackfruit on a Bun: Jackfruit dry-sauteed and marinated in our house made BBQ sauce, with our cashew cheez spread.

PLEASE SPECIFY Ezekiel English muffin as the bun OR a Dave's Bread hamburger bun. (SF, no oil) \$13

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

Black Bean Burger Patties: We pre-bake these, and you will reheat them. Black beans, sweet potatoes, rolled oats, onions & seasonings. Can be eaten on a bun (let me know if you need a Dave's Killer bun, or by itself. These keep well in the freezer. (GF, SF, oil-free, no nuts) 2 patties \$8

Healthy Desserts

Organic Carrot Cake: Organic GF oat flour, sweetened with agave. With pineapple, raisins & pecans. Frosted in our silken tofu frosting. (GF, no added oil/fat) By the slice \$8

Triple Berry Cherry Uncheesecake: by the slice

Crust: organic whole grain oat flour, maple syrup, cinnamon.

Filling: organic silken tofu, agave, Violife vegan cream cheez, lime zest, arrowroot. Topping cherries, blueberries, raspberries, blackberries. (GF, no added fat, no nuts) \$8/slice

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

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

Streusel Top Mini-Pie: bottom crust is oat flour. Streusel is dates, pecans, coconut shreds, cinnamon, nutmeg). \$8 Apple or Cherry

Chocolate Coconut Truffle (almonds, coconut, cacao powder) (raw, GF, SF, oil-free) \$2.50/each or 3/\$7

Cappucino Mousse: individual mini-pie, maple-sweetened, GF crust. (This is a variation on our chocolate mousse.) (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 & unfulfured: 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

Pear Pistachio Muffin: Organic oat flour, fresh pears(GF, SF, no added fat) \$4.50

Cherry Almond Scone: oat & teff flour, glazed (GF, SF) \$5

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

Blueberry Lemon Loaf 10 oz. organic oat flour, sweetened with agave, fresh lemon zest, blueberries. (GF, no added oil, no nuts) \$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