



## Green Heart MENU for February 8th @ 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” ☺)**

### **Beluga (Black) Lentil Soup**

A thick hearty soup of organic black “beluga” lentils that I buy from the grower, so glyphosate-free. With onion, garlic, parsnips, turnips, and seasoned with herbs. (GF, SF nut-free) \$7.50

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

**Pumpkin Lentil (GF, SF, nut-free) – only 6 available \$7**

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

### **7-Layer Dip & Chips**

That's right – it's Super Bowl Sunday! And so we make our 7-Layer Dip: our refried beans (made from scratch), topped with brown rice, then mild salsa, then our queso, black beans, roasted corn, garnished with black olives, tomatoes & cilantro. Our guacamole is on the side, so you can heat up your “bowl” without heating up the guac. Oven-baked organic corn tortillas, cut into chips, on the side, too. A serving will be 3 tortillas cut in quarters for 12 “chips”.

Queso sauce (cashew cheez, coconut yogurt, mild pico de gallo, cumin – not hot spicy). (GF, SF, oil-free) \$15

### **GF Rustic Veggie Pot Pie**

The crust is made of oat & almond flours, and mashed potatoes, seasoned with fresh rosemary. Filled with assorted “classic” veggies: onions, carrots, corn, green beans, asparagus. (GF, SF, oil-free) \$15



## Forbidden Rice Bowl w/Pickled Cabbage

A creamy miso-ginger dressing (on the side) of assorted organic veggies (including broccoli and cauliflower), edamame, over organic black rice. The pickled purple cabbage on top adds tangy flavor. This can be eaten hot or cold or room temp. (GF, oil-free, nut-free). \$15

## Sandwiches & Salads

**Nicoise Salad:** Our chickpea tuna on organic greens, with steamed red potatoes, green beans, cherry tomatoes, Kalamata olives and artichoke heart. RANCH DRESSING on the side, too. (GF, oil-free) \$13

**Chickpea Mock Tuna:** This is very low fat, as we make the mayo (tofu, lemon juice, Dijon mustard, agave), and high in fiber and plant protein. (filling is GF, oil-free, nut-free) 8 oz container OR on Dave's Bread \$12

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

## Healthy Desserts

**Red Velvet Cake:** our healthy version dyed red with Watkins Glen vegetable food coloring....not as dark red as the unhealthy red coloring. Frosted in our silken tofu frosting. (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

**Oreo Uncheesecake:** got a special order, and decided to make one for you, too. The crust is made of Newman O's chocolate sandwich cookies – they are organic flour, not GF & organic cane-sweetened. The uncheesecake is made of soaked cashews, Violife cream cheez, silken tofu. Topped with our chocolate mousse. (definitely has fat in the ingredients, although we are not adding any). \$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

**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) ONLY 6 AVAILABLE \$8

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

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

**Cappuccino 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 & 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

**Blue Corn & Blueberry Mesquite Muffin:** (GF, SF, no added fat or nuts) \$4.50

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

**Blackberry Polenta Cake** w/streusel top. A variation on our coffee cake. (GF, SF, no added fat) \$5/slice

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

**Orange Coconut Pineapple Loaf** 10 oz. organic oat flour, sweetened with agave, fresh orange zest, pineapple bits. Organic coconut shreds only on top. (GF, no added oil, SF, 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

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**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*