

Green Heart MENU for March 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" ☺)

Corn Chowder

Ted will make corn chowder with organic corn, roasted corn, potatoes, onions, celery & herbs in a miso base, with red & green bell peppers for festive color. (GF, nut-free) \$7.50

Frozen: Squash & Red Bean Stew (GF, SF, nut-free) \$7

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

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

Pumpkin Lentil (GF, SF, nut-free) only 4- \$7

Rustic Cassoulet

White beans, potatoes, our vegan sausage, chickun made of soy curls, tomatoes, carrots, celery, mushrooms, onions, herbs, topped with GF garlic bread crumbs. (GF, nut-free; there will be a small amount of live oil in the bread crumbs)(GF, no nuts, oil-free) \$15

Mad Cowboy Bowl

Our seitan spare "ribs" in our oil-free barbecue sauce, on a bed of oven-roasted veggies: potatoes, onions, broccoli, parsnips. Our Ranch dressing on the side. (SF, nut-free, oil-free) \$15

Vegan Saag w/Tofu Paneer

“Creamed” spinach, carrots, mushrooms, with cubed and marinated tofu (to be the paneer), seasoned with Indian spices (ginger, garam masala, garlic, onions, curry). Served with organic brown basmati rice and millet, and garnished with “quick-pickled” purple cabbage. (GF, oil-free, nut-free). \$15

Sandwiches

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 8 oz container, on a bed of greens, garnished with quick-pickled red cabbage. \$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 oil, no added fat) \$13

OR just the millet loaf, no bread, is GF. (5” x 2.5”) \$13

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

Healthy Desserts

Apple Spice Cake: Organic GF oat flour, sweetened with maple syrup. With fresh apple, raisins, walnuts with cinnamon, allspice & cloves. Frosted in our maple silken tofu frosting. (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. (GF, SF, no added fat) \$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 & 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

Blueberry BUCKWHEAT Muffin: Organic buckwheat flour, sweetened with agave, blueberries (GF, SF, no fat/nuts) \$4.50

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

Oat Raisin Spice Loaf, 10 oz. (GF, no added fat/nuts) \$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, 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

Wedding Cookies: almond flour, ground walnuts, sweetened with 100% monkfruit. 3 cookies in a container (GF, SF) \$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*