

Green Heart MENU for March 22nd @ 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" 😊)

Pasta e Fagioli

Our house made sausage (pinto bean based) helps flavor this hearty dish of cannellini beans & organic WW pasta with Italian herbs & Kalamata olives. Definitely a meal. (SF, nut-free) \$10.00
ALSO AVAILABLE WITH GLUTEN FREE PASTA - PLEASE SPECIFY

Southwest Black Bean Soup

Ted will make his delicious black bean soup that he seasons with epazote. Also roasted corn, red bells, some tomatoes. (GF, SF no nuts) \$7.50

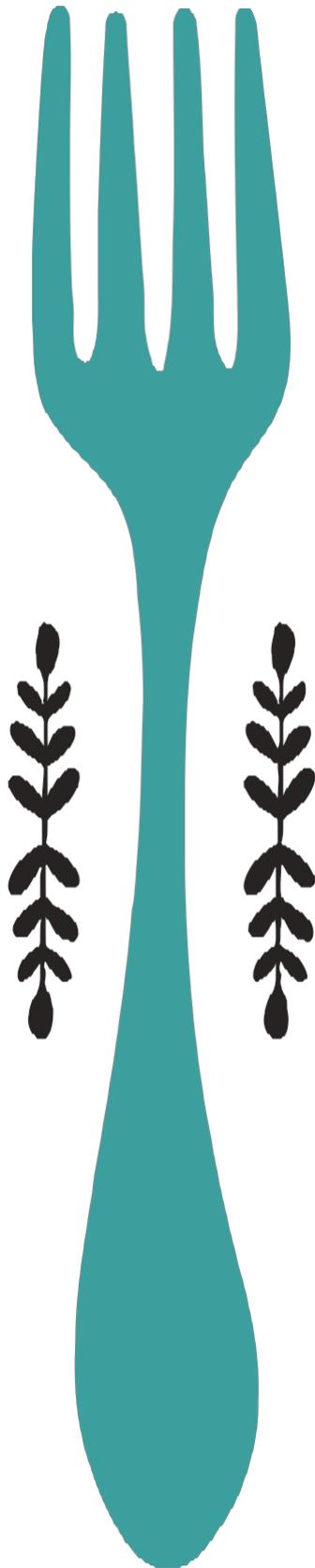
Frozen:

Squash & Red Bean - only 4 (GF, SF, nut-free) - \$7

Veggie Pasta Soup w/Soy curls (tastes like Chicken Noodle Soup) (miso base, nut-free) \$7

TV Dinner

"Meat" loaf with garlic mashed potatoes, green beans, and mushroom gravy on the side. NOT the Millet Lentil Loaf, this loaf is made of lentils, brown rice, mushrooms, rolled oats, onions, carrots, herbs, tomato paste. (GF, SF, no nuts) \$15



Kale Potato Enchilada Casserole

(Not “hot spicy”)

Organic : potatoes, kale, pinto beans, onions, spices, corn tortillas, green tomatillo sauce, “queso” on top – the one we made for the 7-Layer Dip. Garnished with cilantro and fresh lime. (GF, SF, no oil) \$15

Mushroom Lentil Grain Bowl

Organic quinoa, wild rice, yellow lentils on a bed of organic lacinato kale, with Brussels sprouts & mushrooms. Topped with sliced red onion and sliced almonds. Miso tahini dressing on the side. \$14

Sandwiches

Roasted Veggie Sandwich: house-made oil-free hummus, roasted eggplant, portabella mushrooms, red bell peppers. On Dave’s Bread (filling is GF, SF, no nuts). \$13

OR Roasted Veggies with no bread, in container

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

Healthy Desserts

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

Tripe Berry Cherry Uncheesecake

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, cornstarch. (GF, oil-free & nut-free) \$8

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

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

Almond Poppy Seed Bundt Cake w/Strawberries
Oat flour, millet flour, date-sweetened with fresh lemon & almond extract. The bundt is topped with a lemon “frosting” that is date-based. Our fresh strawberry glaze on top. (GF, SF, no added fat) \$8

Peanut Cacao Nib Truffle (peanut flour, cacao nibs, dry-roasted peanuts) (raw, GF, SF, oil-free) \$2.50/each or 3/\$7

Chocolate Brownie Cupcake: our new bigger cupcake size. Our chocolate cake frosted in our tofu based chocolate frosting. (GF, no added fat or nuts) \$6

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

Pear Streusel Coffee Cake: Oat flour, sweetened with coconut sugar. Streusel: dates, pecans, coconut shreds. (GF, SF, no oil) \$5/slice

Blueberry Oat Bran Muffin: organic oat flour, agave sweetened. (GF, no added fat/nuts) \$5.

Lemon Berry 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

Zucchini Walnut Bread: 10 oz. organic oat flour, lightly agave-sweetened w/ (GF, SF, no nuts, no added fat) \$8

Cookies and Bars

Carrot Oat Bars: made of rolled oats, almond butter, shredded carrots, toasted pecans, sweetened with date paste. (GF, SF, no oil) \$5

Chickpea Cookies: pureed chickpeas, almond flour, date syrup, dried blueberries. 3 small cookies in a package. (GF, no added oil) \$5

Nutter Butters: oat flour, maple syrup, peanut butter, vanilla. These are filed with peanut butter blended with Violife cream cheez, so they should be kept cold. 3 cookies in a container (GF, no added oil) \$6

Apricot Date Breakfast Bar (GF, SF, oil-free, date-sweetened, no nuts) 5.00

Triple Coconut Donut, baked, topped with toasted coconut (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*