



Green Heart MENU for March 29th @ Rillito Park Farmers Market

MARKET HOURS: 9 AM - 1 PM (our last Sunday of winter hours)

(Please have your order in by Thursday 6 pm. For us, "the sooner the better" 😊)

This week we will offer our frozen soups:

Frozen:

Veggie Pasta Soup w/Soy curls (tastes like Chicken Noodle Soup) (miso base, nut-free) \$7 - only 5 available

Pasta e Fagioli (SF, nut-free) \$9 - only 4 available

Southwest Black Bean Soup (GF, SF, no nuts) \$7.

Spring Rolls

Wrapped in rice paper: organic carrots, daikon, cucumber, beet, rice oodles, crispy tofu. With teriyaki dipping sauce on the side (made with coconut aminos). (GF, no nuts, no oil) \$15

Oyster Mushrooms Teriyaki w/Eggplant & Broccoli

Oyster mushrooms from Desert Pearl in our house made teriyaki sauce, using coconut aminos so it's not too salty, and also soy-free. With brown jasmine rice (GF, SF, nut-free) \$15



Pasta Salad

Broccoli, carrots, red onion on organic WW rotini pasta in a creamy bean & cashew-based dressing seasoned with fresh tarragon (SF, n added oil) \$14

If you need GF, please specify, and it will be made w/ chickpea penne.

Sandwiches

Curried Tempeh ChickUn Salad: 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. \$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

Organic Lemon Peach Cake: Organic GF oat flour, sweetened with agave. Frosted in our 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 – but not too sweet. (GF, SF, oil-free) \$9

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.

Toasted Hazelnut Truffle w/pecans & dates (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. (no added fat or nuts) \$6 **MADE WITH ORGANIC SPROUTED SPELT FLOUR, SO NOT GLUTEN-FREE**

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

Strawberry Streusel Coffee Cake: Oat flour, sweetened with coconut sugar. Fresh strawberries baked into the cake. Streusel: dates, pecans, coconut shreds. (GF, SF, no oil) \$5/slice

Cranberry Orange Scone: organic oat & teff flour, lightly sweetened with coconut sugar, orange maple glaze. (GF, SF, no 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

Carrot Bread: 10 oz. organic oat flour, lightly agave-sweetened w/pineapple, raisins, pecans. (GF, 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

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

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

Blueberry Bar: this is the Raspberry Bar recipe made with a blueberry filling. Crust of rolled oats, toasted almond flour & coconut flour. Top is the same with sliced almonds added. (GF, SF, no added oil) \$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*