

# Green Heart MENU for March 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” ☺)*

## Ted’s Split Pea Soup

Green split peas, potatoes, onions, carrots, parsnips, and seasoned with herbs. (GF, SF, nut-free) \$7.50

**Frozen: Corn Chowder (miso base) (GF, nut-free) \$7**

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

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

## Yellow Curry w/Tempeh

Cubes of tempeh (sprouted organic soybeans, barley, brown rice, millet), garbanzos, broccoli, Brussels sprouts, & green beans, in a coconut milk base, with just the right amount of “spice” (fresh ginger root & garlic). Served with organic brown basmati rice. (no oil, no nuts) \$15

## Chili Mac & Cheez

Organic WW macaroni, kidney beans, roasted corn, in a fire-roasted tomato based sauce with chili seasonings, and cheez sauce. Soy curls also in the mix. (oil-free)  
FOR GLUTEN FREE, PLEASE SPECIFY GF pasta \$15

## Buckwheat Soba Noodles

100% organic buckwheat soba (no wheat; no gluten) in a peanut sauce w/asparagus, green beans, carrots & green onions. 12 oz. (GF, SF, small amount of toasted sesame oil) \$15

## Sandwiches

**Chickpea Mock Tuna Salad:** This is very low fat, as we make the mayo (tofu, lemon juice, Dijon mustard, agave), and high in fiber and plant protein. On Dave's Bread OR 8 oz container. (filling is GF and oil-free, no nuts) **\$13**

**Veggie Wrap:** house made hummus, sprouts, crispy oven baked tofu, shredded carrots, purple cabbage. WW lavash OR GF tortilla – PLEASE SPECIFY. (Can be GF, no added fat or nuts). \$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

**Black Forest Cake:** Organic GF oat flour, sweetened with maple syrup & agave. Filled with dark sweet cherry glaze. Frosted in our vegan cream cheez & silken tofu frosting. Topped with organic healthy maraschino cherries. (GF, no added oil/fat) By the slice \$8

**Vanilla Peach Parfait:** bits of our vanilla cake layered with our vanilla mousse and slices of peach. (GF, no nuts or added fat) \$7

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

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

**Chocolate Cherry Truffle** (pecans, cacao powder, dates) (raw, GF, SF, oil-free) \$2.50/each or 3/\$7

**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

**Mexican Tarragon & Fresh Fig Scone:** Organic oat & teff flours, lightly sweetened w/coconut sugar, maple glaze. (GF, SF, no nuts) \$4.50

**Pear Streusel Coffee Cake:** oat flour, fresh pears. Streusel is dates, pecans, coconut, cinnamon, nutmeg. (GF, SF, no oil) \$5

**Banana Chocolate Chip Muffin,** oat flour (GF, no added fat/nuts) \$4.50

**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

---

**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

**Wedding Cookies:** almond flour, ground walnuts, sweetened with organic birch xylitol. 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*