

Green Heart MENU for April 12th @ Rillito Park Farmers Market

MARKET HOURS: 8 AM – NOON - SUMMER HOURS!

(Please have your order in by Thursday 6 pm. For us, “the sooner the better” ☺)

“Cream” of Broccoli & Bean

Broccoli, potatoes, carrots, onions & white beans in a miso base.
(GF, no nuts) \$7.50

Frozen:

Zesty Vegetable w/Posole (SF, SF, no nuts) \$7

Southwest Black Bean (GF, SF, nut- free) – \$7

Spring Vegetable Tagine

With Moroccan Chermoula (fresh green sauce of seasoned cilantro & parsley w/lemon). Red potatoes, peas, carrots, shallots and chickpeas. (GF, SF, no nuts or added oil) \$15

Wild Mushroom & Asparagus Risotto

Cremini & shiitake mushrooms simmered with organic asparagus, onion & garlic in white wine with fresh dill & light lemon, on organic short grain brown rice. (GF, SF, no oil, no nuts) \$15

Thai BBQ Tempeh Salad

A rainbow of colors: shredded red cabbage, orange carrots, red bells, fresh green spinach, green onions, with rice noodles, and crispy BBQ 3-grain tempeh (soybeans, brown rice, barley, millet), with a peanut lime dressing. (oil-free) \$15



Sandwiches

BBQ Jackfruit on a “bun”: Jackfruit dry-sauteed and marinated in our house made BBQ sauce, with our cashew cheez spread on an Ezekiel English muffin (acting as a healthy bun). (SF, no added fat) OR: please specify if you’d prefer a Dave’s Killer Bread hamburger bun \$13.

Millet Lentil Loaf: our sprouted organic millet & lentil loaf, on Dave’s Bread, with our cashew cheez spread & ketchup. (filling is GF, nut-free & oil-free) \$13

You may also order a small loaf, no bread. \$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

German Chocolate Cake: Organic GF oat flour, organic cacao, frosted in our silken tofu frosting & with the added pecans & coconut. (GF, no added oil/fat) By the slice \$8

Lemon Uncheesecake w/Raspberry Glaze: Fresh lemon uncheesecake, topped with raspberry glaze. (GF, oil-free, nut-free) \$8

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

Diabetic-friendly Carrot Cake Cupcake

Our carrot cake with no agave. Sweetened with organic birch; the frosting, too. (GF, no added fat) \$6

Almond Poppy Seed Bundt Cake w/Fresh Strawberries

Oat flour, millet flour, date-sweetened with fresh lemon & almond extract. The bundt is topped with a lemon “frosting” that is date-based. Organic fresh strawberries top it off. (GF, SF, no added fat) \$8

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

Toasted Hazelnut Truffle w/pecans & dates (GF, SF, oil-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

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

Banana Blueberry Muffin w/streusel top: organic oat flour, agave sweetened. Streusel same as above.(GF, no added fat) \$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

Sweet Potato Bread: 10 oz. organic oat flour, lightly sweetened w/coconut sugar, dried apricots, & topped with pumpkin seeds.
(GF, SF, no nuts, no added fat) \$8

Cookies and Bars

Diabetic-friendly Chocolate Brownie:

Our organic cake brownie, sweetened with organic birch, so zero “sugars” in a nutritional analysis. Date-sweetened chocolate chips & pecans on top. (GF, no added oil) \$6

Carrot Oat Bar: 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

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

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.

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*