



Green Heart MENU for April 19th @ 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” 😊)

Classic Lentil Soup

Brown lentils, potatoes, carrots, onions, parsnips, peas. (GF, SF, no nuts) \$8

Frozen:

“Cream” of Broccoli & Bean, miso base (GF, no nuts) \$7

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

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

Baked Falafel w/Tzatziki Sauce & Farro Salad

Fresh cilantro and parsley season the chickpea-based baked falafel, with a cold cucumber dressing in a coconut yogurt base with fresh dill, on top of a whole grain farro salad (with roma tomatoes, fresh oregano, & cashew “feta”. And Baba ghanoush on the side. (SF, no added oil) \$15

*** For gluten-free, you can request the quinoa salad, listed under Sandwiches & Salads, to substitute for the farro**

Roasted Cauliflower & Potato “Steaks”

You have a choice: the cauliflower “steaks” can be roasted with a cashew crust on them, or WITHOUT, as we have done in the past. The potato “steaks” are russet potatoes that are steamed, then broiled with tamari sauce. Served on a bed of “creamed” spinach (almond milk base for sauce). With organic brown basmati & millet on the side. (GF, SF, no oil) \$15



Sandwiches & Salad

Quinoa Salad: Organic quinoa with green onions, cucumber, carrot, parsley, raisins and sliced almonds in a curry lime dressing (coconut yogurt base). RANCH DRESSING on the side, too. (GF, SF, oil-free) \$12

Curried Tempeh ChickUn Salad: 3 grain tempeh in a dressing of our tofu-based mayo and mango chutney, mixed with celery, raisins & 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 Carrot Cake: Organic GF oat flour, organic carrots, frosted in our silken tofu frosting & with pecans & pineapple. (GF, no added oil/fat) By the slice \$8

Chocolate Peanut Butter Uncheesecake
By the slice. Organic oat crust.
(GF, no added fat) \$8

Chocolate Cherry Parfait: bits of chocolate cake, layered with organic cherries, & our chocolate mousse. (GF, nut-free, no added fat) \$8

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

Chocolate Mousse Pie: individual size. Oat flour & cacao crust. Silken tofu based. (GF, no added fat beyond what's in the chocolate, no nuts) \$8

Coffee Cacao Chip Truffle (pecans, cacao nibs, dates, coffee) Ted's idea for a new truffle. (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 year: 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

Blue Corn Mesquite Waffles: 2 waffles, 4" x 4", wrapped and ready for your toaster. These are hearty and very filling (GF, SF, no added fat or nuts) \$8

Apricot Hazelnut Scone: Oat flour & teff flour, lightly sweetened with coconut sugar. Maple glaze (GF, SF) \$5

Orange Coconut Pineapple Loaf 10 oz. organic oat flour, sweetened with agave.
(GF, S F , no added oil, no nuts) \$8.

Banana Walnut 10 oz Loaf (SF, GF, no added oil) \$8

Carrot Bread: like our Carrot Cake, but baked as a loaf, and no frosting.
(GF, 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

Diabetic-friendly Lemon Bar: fresh lemon, rice milk base, sweetened with organic birch xylitol, oat crust sweetened with date syrup. \$6

Wendy's Wonder Bar: made of ripe bananas, rolled oats, craisins & almonds – that's it! No added sweetener, and very nourishing and filling. (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

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*