



Green Heart MENU for April 26th @ 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 Asparagus & Fennel Soup

Asparagus, fennel, potatoes, onions, seasoned with basil and tarragon, miso & cashew “cream”. (GF, no oil) \$8

Frozen:

Classic Lentil Soup (GF, SF, no nuts) \$7

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

Vegan Orange ChickUn

Using soy curls, which have only one ingredient (GMO-free soy), marinated in a fresh orange juice-based marinade (with garlic and ginger), and sautéed with mushrooms and red bell peppers. Organic brown jasmine rice on the side. (GF, no added oil, no nuts) \$15

Tofu Meuniere w/Vegetable Melange

Slices of organic sprouted tofu simmered with light garlic, herbs & lemon, with a generous portion of simmered vegetables: broccoli, cauliflower, zucchini, green cabbage, seasoned with herbs. (GF, no oil, no nuts) \$15

Sandwiches & Salad

Tofu Egg Salad: made of silken extra firm tofu, with seasonings. 8 oz container OR on Dave’s Bread (filing is GF, nut-free) \$12

Hummus Veggie Slaw: our hummus on Dave's Bread, filled with a fresh slaw of purple cabbage, carrots & zucchini. (SF, no added oil, nut-free) \$13

For GF, can be made as a wrap on a Siete brand tortilla.

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

Healthy Desserts

Banana Chocolate Chip Cake: Organic GF oat flour, fresh bananas, frosted in our chocolate 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. (GF, SF, no oil) \$9

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

Raw Rocky Road (dates, peanut butter, walnuts, almonds, cacao, buckwheat flour, vegan marshmallows). (raw, GF, 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

Pear Cranberry Upside Down Cake: Organic whole grain oat flour, sweetened with agave. (GF, SF, no added fat or nuts) \$5/slice

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

Sweet Potato Bread 10 oz. organic oat flour, lightly sweetened with coconut sugar, dried apricots, & topped with pumpkin seeds.
(GF, S F , 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 sweetened w/agave.
(GF, SF, 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

Wendy’s Wonder Bar: made of ripe bananas, rolled oats, raisins & almonds – that’s it! No added sweetener, and very nourishing and filling. (GF, SF, no oil) \$5

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

Nutter Butters: oat flour, maple syrup, peanuts-only peanut butter, vanilla. These are filled with peanut butter blended with vegan cream cheese, so they should be kept cold. Package of 3. (GF, no added oil) \$6

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

Blueberry Bars: this is the Raspberry Bar recipe made with a blueberry filling. Crust of rolled oats, toasted almond flour, and coconut flour. Top is the same with sliced almonds added. (GF, SF, no added oil) \$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 - sweetened only with a layer of chopped dates; almond flour crust (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*