Green Heart MENU for April 5th @ Rillito Park Farmers Market

MARKET HOURS: 8 AM – NOON ***SUMMER HOURS BEGIN***

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

Zesty Vegetable w/Posole

Tomato base, potatoes, onions, carrots, celery, posole, and seasoned with herbs. (GF, SF, no nuts) $7.50

Mulligatawny

A thick hearty soup of organic red lentils & organic sweet potatoes, with roasted organic garbanzos. Seasoned with fresh ginger & garlic & Indian spices.(GF, SF, no added fat, no nuts, no onions) $7.50

Frozen:

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

Vegetable Paella

Mushrooms, yellow squash, eggplant, artichoke hearts, cauliflower, garlic, onions, fresh tomatoes, in a white sine sauce over saffron rice with peas. Allioli on the side. (GF, SF, no nuts or added oil) $15

Tomato & Asparagus Quiche

Sun dried tomatoes, fresh asparagus, fresh basil, onion, in an organic tofu-based filling, topped with fresh tomato & Violife mozzarella, in a sprouted spelt crust. Accompanied by red potatoes stuffed w/our tofu egg salad.
(Filling is oil-free; crust is low oil) $15/slice, includes deviled "eggs"
Whole 9" quiche $35. With deviled "eggs" $40
Gluten free option: GF crust, OR no crust (grain-free). This is made in its own 6" pan, so it is LARGER (not a slice) &18 includes deviled "eggs".

Nicoise Salad

Our chickpea mock "tuna" on organic greens, with steamed red potatoes, green beans, cherry tomatoes, Kalamata olives. Our Ranch dressing on the side. (GF, SF, no nuts, no oil) $13

Sandwiches

Chickpea Mock Tuna: 8 oz container, or on Dave's Bread. This is very low fat, as we make the "mayo" (tofu, lemon juice, apple cider vinegar, Dijon, agave), and high in fiber and plant protein. $12.

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

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

Healthy Desserts

Meyer Lemon Berry Cake: Organic GF oat flour, sweetened with agave, with fresh berries. 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.

Jelly Bean Cupcake
Our carrot cake frosted in vanilla, topped with vegan jelly beans & green "grass" coconut shreds. (all vegetable dyes) (GF, no added fat) $6
OR INSTEAD OF JELLY BEANS, FRESH BERRIES ON TOP

Frosted Chocolate Cake "Eggs" $9
Frosted Carrot Cake Bunny "Heads" $9

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)

Easter Bunny Cake: 6" Carrot Cake (or chocolate) frosted & decorated like a bunny. (GF, no added fat) $26

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

Peach & Blueberry Oat Bran Muffin: **organic** oat flour, agave sweetened. (GF, no added fat/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

Zucchini Walnut Bread: 10 oz. organic oat flour, lightly agave-sweetened w/ (GF, SF, no nuts, no added fat) $8

Cookies and Bars

Wendy's Wonder Bars: made of ripe bananas, rolled oats, craisins & almonds. (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