



## Green Heart MENU for May 10th @ Rillito Park Farmers Market

### MOTHER'S DAY

**MARKET HOURS: 8 AM - NOON - SUMMER HOURS!**

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

### Southwest Black Bean Soup

Ted will make his delicious black bean soup that he seasons with epazote. Also roasted corn, red bells, some tomatoes. (GF, SF, nut-free) \$8

**Frozen:**

**Classic Lentil Soup (GF, SF, no nuts) – only 5 available \$7**

### GF Roasted Veggie Lasagna w/Puttanesca Sauce

Tinkyada organic brown rice lasagna noodles, organic roasted: zucchini, red bells, eggplant, spinach, and a "ground beef" that we make out of lentils and beets. Our puttanesca sauce, which is a marinara kicked up with capers, shallots, and minced Kalamata olives. Layered with our organic cashew cheez and our organic oil-free pesto.

Topped with a small amount of Violife mozzarella. (GF, SF, no added oil) \$16

Half pan lasagna \$50.

### Veggie Tarts w/Hollandaise

Oat & blue cornmeal crust, filled with zucchini, yellow squash, artichoke hearts, red onion, orange bells, cherry tomatoes, all pan-sauteed in white wine, seasoned with fresh sage & other herbs.



Hollandaise (almond milk based w/some cashews) on the side. (GF, SF) With our potato salad (red potatoes, red onion, celery, dill, mayo) \$16

\*Please note that I will make these in our mini-pie pans (not the tart pans as in previous years)

Yes, you can order JUST the potato salad:  
16 oz "soup-size" container \$9

## Barbecue Stuffed Sweet Potato

Sloppy Joes meet baked potatoes: jackfruit & lentils simmered in our barbecue sauce, then stuffed and on top of organic sweet potatoes. Also with quick-pickled red onion garnish and diced cucumbers. (GF, SF, no added oil, no nuts) Herbed brown basmati on the side. \$15

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

## Healthy Desserts

**Lemon Berry Cake:** Organic GF oat flour, frosted in our vanilla silken tofu frosting with fresh organic berries between the layers and on top. (GF, no added oil/fat) By the slice \$8

### Triple Coconut Cupcake:

Our new larger cupcake, frosted in our vanilla with lime zest added. (GF, no oil, no nuts) \$6

**Mother's Day Cake:** a small 5" 2-layer cake with fresh flowers & Happy Mother's Day on top. Flavors to choose from: Carrot, Chocolate, Triple Coconut. (GF, no added oil) \$22

**Blueberry Uncheesecake w/Mango Glaze:** oat flour crust, the body of the cheesecake is flavored with blueberries. Chunky mango glaze on top. (GF, no added fat, no nuts) \$8/slice

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

**Coffee Cacao Chip Truffle** (pecans, cacao nibs, dates, coffee). Ted's new truffle we had on 4/19. (raw, GF, SF, oil-free) \$2.50/each or 3/\$7

**Organic Fresh Berry Tarts** (GF, no nuts) \$8.

**Lemon Tart w/Blueberry Glaze-** our tart crust filled with our lemon curd, and topped with blueberry glaze. (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

**Blueberry Streusel Coffee Cake:** Organic whole grain oat flour, sweetened with coconut sugar. Streusel: dates, pecans, coconut, spices. (GF, SF, no added fat) \$5/slice

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

**Lemon Berry Loaf** 10 oz. organic oat flour, lightly sweetened with agave, fresh lemon & berries (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 sweetened w/agave. (GF, SF, no added fat) \$8

## Cookies and Bars

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### **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, craisins & 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

**Lemon Bar:** sweetened with birch, crust is date-sweetened (GF, nut-free, 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** - 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*