

Green Heart MENU for May 17th @ 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" ☺)

Veggie Pasta Soup w/Soy Curls

The base is the "chicken" broth we make from scratch, and seasoned with poultry seasoning. Broccoli, carrots, red bell, zucchini, w/organic WW pasta (no oil, nut-free) \$8

Watermelon Gazpacho

Watermelon, tomato, cucumber, fresh basil, yellow bell pepper, red onion. Very refreshing. (Cold soup!) (GF, SF, oil-free, no nuts) \$8

WE NEED AT LEAST 12 ORDERS TO MAKE THE GAZPACHO; we do not freeze it and keep it. If you order it, we will confirm once we receive 12 orders ☺

Frozen:

Southwest Black Bean Soup (GF, SF, no nuts) - \$7

Spring Rolls

Wrapped in rice paper: organic carrots, daikon, cucumber, beet, rice noodles, crispy tofu. With teriyaki dipping sauce on the side (made with coconut aminos). (GF, no nuts, no oil) \$15

Baked Samosa Casserole

Chickpeas, potatoes, peas, carrots are the classic combination, with Indian spices, baked with a top crust of oat & almond flour & oil-free. A coconut yogurt raita on the side, as well as a fresh mint chutney. (GF, SF, oil-free) \$16

Green Goddess Quinoa Bowl

Organic: Quinoa, millet, sweet potatoes, red bell peppers, kale, raw pumpkin seeds. House made green goddess dressing of cashews, fresh parsley, fresh basil, lemon juice, & garlic, served on the side. (GF, SF, no oil) \$15

Curried Tempeh ChickUn Salad: 3-grain tempeh in a dressing of mayo and mango chutney, mixed with celery, carrots, raisins, walnuts & 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

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

Vanilla Strawberry Parfait:

Like Strawberry Shortcake in a cup: our vanilla cake layered with organic strawberries and our tofu vanilla "cream".
(GF, no oil, no nuts) \$8

Raspberry Uncheesecake w/Blueberry Glaze: oat flour crust, the body of the cheesecake is flavored with raspberries. Blueberry 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

Peanut Butter Truffle w/Cacao Nibs: now made with peanut flour, so less oily \$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

Breakfast

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

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

Orange Coconut Pineapple Loaf 10 oz. organic oat flour, lightly sweetened with agave, fresh orange juice & zest + pineapple in the batter. Coconut shreds on top. (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

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*