

Green Heart MENU for May 24th @ Rillito Park Farmers Market

Memorial Day Weekend

MARKET HOURS: 8 AM - NOON - SUMMER HOURS!

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

Soups:

Frozen:

Veggie Pasta Soup w/Soy Curls (no oil, nut-free) \$7.

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

BBQ Ribs w/Boston Baked Beans & Potato Salad

House-made seitan spare "ribs" in our BBQ sauce, with our potato salad & Ted's Boston Baked Beans. (no nuts, Veganaise in potato salad dressing) \$16

You may order just the potato salad: 16 oz (soup-size) container \$9

Thai Red Curry

Not "hot spicy". Bok choy, broccoli, asparagus, carrot, onion, chickpeas & zucchini. Served with organic brown jasmine rice. (GF, SF, nut-free, oil-free) \$16

Forbidden Rice Bowl w/Pickled Cabbage

A creamy miso-ginger dressing (on the side) of assorted organic veggies (including broccoli and cauliflower), edamame, over organic black rice. The pickled purple cabbage on top adds tangy flavor. This can be eaten hot or cold or room temp. (GF, oil-free, nut-free) \$15

Sandwiches & Salads

Nicoise Salad: Our chickpea tuna on organic greens, with steamed red potatoes, green beans, cherry tomatoes, Kalamata olives and artichoke heart. Our Ranch dressing served on the side. (GF, no oil, no nuts) \$13

Chickpea Mock Tuna: This is very low fat, as we make the mayo (tofu, lemon juice, Dijon mustard, agave), and high in fiber and plant protein. On Dave's Bread OR 8 oz container. (filling is GF and oil-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

German Chocolate Cake: Organic oat flour, organic cacao, frosted in our tofu based chocolate frosting, & with the German "goo" of pecans & coconut. (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

Triple Coconut Cupcake: our new larger cupcake, frosted in our vanilla with lime zest added. (GF, no added fat, no nuts) \$6

Organic Hand Pie in organic sprouted spelt crust (SF, no nuts) \$8. **BLUEBERRY or PEACH or APPLE**
ALSO AVAILABLE TO ORDER: 9" PIE w/organic sprouted spelt crust, choose blueberry, peach, or apple

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.

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

Red & Blue Streusel Coffee Cake: Organic whole grain oat flour, sweetened with coconut sugar., with raspberries & blueberries mixed in. Streusel: dates, pecans, coconut, spices. (GF, SF, no added fat) \$5/slice

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

Carrot Bread 10 oz. essentially our organic Carrot Cake, w/o the frosting. Carrots, pineapple, raisins, pecans. Coconut shreds on top. (GF, no added oil) \$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

Chunky Cherry Cookies: pureed white beans, oat flour, date paste, almond butter, dried cherries. 3 small cookies in a package. (GF, no added oil) \$5

Raspberry Bar: crust of rolled oats, toasted almond flour & coconut flour. The filling is our raspberry glaze. Top crust is same with chopped almonds added. (GF, SF, no added oil) \$5

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*