

Green Heart MENU for May 31st @ 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" ☺)

Corn Chowder

Ted will make corn chowder with organic corn, roasted corn, red potatoes, onions, peas, celery & herbs, in a miso base (GF, no nuts) \$8

Frozen:

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

African Sweet Potato Stew

Organic sweet potatoes simmered in our house-made broth, with fresh ginger root, onions, garlic, red bells, tomatoes, and kale (all organic). Topped with dry roasted peanuts. Served on top of organic brown basmati. (GF, SF, oil-free) \$16.

Creamy Tuscan Pasta Salad

A creamy dressing (white bean & cashew base) coats organic gluten-free red lentil penne, garbanzos, cherry tomatoes, cucumber, carrot, radish, red onion, parsley, Kalamata olives. (GF, SF, oil-free) \$15



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, and garlic, served on the side. (GF, SF, oil-free) \$15

Sandwiches

Tofu Egg Salad: made of silken extra firm 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

Organic Lemon Peach Cake: Organic oat flour, sweetened w/agave. Frosted in our silken tofu vanilla frosting, & topped with sliced peaches. Sliced almonds on the side of the cake. (GF, no added oil/fat) 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

Oreo Uncheesecake: We had this back in February. The crust is made of Newman O's chocolate sandwich cookies _ they are made with organic flour, not GF & organic cane-sweetened. The uncheesecake is made of soaked cashews, Violife cream cheez, silken tofu. Topped with our chocolate mousse. (definitely has fat in the ingredients, although we are not adding any). \$8/slice

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

Peanut Butter Truffle w/Cacao Nibs: now made with peanut flour, so less oily \$2.50 each or 3/\$7

Chocolate Cherry Truffle: dates, dried cherries, cacao.
\$3 each or 3/\$8

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

Peach Pecan Streusel Coffee Cake: Organic whole grain oat flour, sweetened with coconut sugar., with peaches in the cakes. 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

Sweet Potato Bread 10 oz. organic oat flour, sweetened with coconut sugar, dried apricots & topped with pumpkin seeds. (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

Chocolate Raspberry Truffle Brownie: Different than our big cake brownie, it is dense – but not from fat! Oat flour, melted 100% cacao, our raspberry glaze mixed into the batter, & fresh raspberries, too. So no added oil/margarine but a fudgy rich brownie as if there were – and similar to a truffle. (GF, SF, no nuts, no added fat) \$5

Chunky Cherry Bar: made of pureed white beans, oat flour, almond butter, banana, dried cherries, 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

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

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
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