



Green Heart MENU for June 14th @ 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" ☺)

Ted's Split Pea Soup

Green split peas, potatoes, onions, carrots, seasoned with herbs.
(GF, SF, no nuts) \$8

Frozen:

Spinach Lentil (GF, SF, no nuts) \$7.

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

Spring Vegetable Tagine

Red potatoes, peas, carrots, shallots and chickpeas. Moroccan chermoula on the side (fresh green sauce of cilantro & parsley seasoned with lemon) (GF, SF, oil-free, no nuts) \$16.

Organic Buckwheat Soba Noodles

100% organic buckwheat soba (no wheat; no gluten) in a peanut sauce w/asparagus, green beans, edamame, carrots & green onions. (GF, small amount of toasted sesame oil, no nuts) \$16

Southwest (Breakfast) Potato Bake

That's the name, but you don't have to eat it for breakfast! A casserole of potatoes, black beans, corn, red bell & fresh spinach, in a cheez sauce (cashew & potato base). Salsa verde on the side. (GF, SF, oil-free) \$15

Sandwiches & Salad

Quinoa Salad: Organic quinoa with green onion, cucumber, carrot, parsley, raisins, almonds in a curry lime dressing (coconut yogurt base) RANCH dressing on the side. (GF, SF, no added oil) \$12

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

Millet Lentil Loaf: our sprouted organic millet & lentil loaf, on Dave's Bread, with our cashew cheez spread & ketchup. (loaf is GF, SF, no oil or nuts) \$13

You may also order the Millet Lentil Loaf by itself (5" x 2.5") \$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

Toasted Hazelnut Raspberry Cake: toasted hazelnuts replace half the flour, sweetened w/agave, with raspberry glaze, and fresh raspberries. Vanilla frosting (silken tofu based) (GF, no added oil/fat) By the slice \$8

Chocolate Cherry Parfait:

Our chocolate cake layered with organic cherries and our tofu chocolate “cream”.

(GF, no oil, no nuts) \$8

Tiramisu: by the slice. The mascarpone is made of whipped coconut cream blended with soaked cashews and maple syrup. (GF, SF, no oil) \$9

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

Orange Coconut Pineapple Coffee Cake: Organic whole grain oat flour, sweetened with agave, flavored with fresh orange zest. Pineapple tidbits in cake. Toasted coconut shreds on top.
(GF, SF, no added fat or nuts) \$5/slice

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

Banana Walnut 10 oz Loaf (SF, GF, no added oil) \$8

Lemon Berry Loaf: 10 oz organic oat flour, lightly sweetened w/agave.
(GF, no added fat) \$8

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 oil) \$5

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

Samoa Cookies: healthy version of the Girl Scout cookies, a coconut cookie dipped in chocolate. 3 small cookies in a container. (GF, SF, no nuts) \$5

Wendy’s Wonder Bar: made of ripe bananas, rolled oats, raisins & almonds – that’s it! No added sweetener, and very nourishing and filling. (GF, SF, no oil) \$5

Chunky Cherry Bar: made of pureed white beans, oat flour, almond butter, banana, dried cherries, sweetened with date paste. (GF, SF, no added oil) \$5

Apricot Date Breakfast Bar organic unsulphured Turkish apricots, dates, organic rolled oats, unsweetened applesauce, semi-sweet dark mini chocolate chips on top. (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
520-954-2409*