

Green Heart MENU for June 28th @ 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” ☺)

Roasted Garlic, Squash & Farro Stew

Butternut squash, turnips, butter beans, kale, farro, seasoned with fresh parsley, rosemary, thyme. (SF, no nuts) \$8

Frozen:

Split Pea Soup (GF, SF, no nuts) \$7.

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

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

Vegetable Paella

Mushrooms, yellow squash, eggplant, artichoke hearts, cauliflower, garlic, onions, fresh tomatoes, in a white wine sauce over saffron rice with peas. Allioli on the side. (GF, SF, oil-free, no nuts) \$16.

Green Florentine Pizza

Pan pizza on our yeasted organic sprouted spelt crust; cashew cheez seasoned with fresh basil as the base for the veggies: mushrooms, onions, spinach & eggplant. (Not a tomato-based sauce) (soy-free) With coleslaw on the side. \$16

Thai BBQ Tempeh Salad

A rainbow of colors: shredded red cabbage, orange carrots, red bells, fresh green spinach, green onions, with rice noodles, and crispy BBQ 3-grain tempeh (soybeans, brown rice, barley, millet), with a peanut lime dressing. (oil-free) \$15

Sandwiches

Hummus Veggie Slaw: our hummus on Dave's Bread, filled with a fresh slaw of purple cabbage, carrots & zucchini. (SF, no oil or nuts) \$13

For GF, can be made as a wrap on a Siete brand tortilla, OR can be lettuce wraps. (You must specify)

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

Healthy Desserts

Banana Chocolate Chip Cake: by the slice, organic oat flour, sweetened with agave. Chocolate frosting (silken tofu based) (GF, no added oil/fat) \$8

German Chocolate Cupcake: our over-sized chocolate cupcake frosted in our chocolate frosting AND with the yummy coconut & nut German frosting. (GF, no added oil) \$6

Chocolate Cherry Parfait:

Our chocolate cake layered with organic cherries and our tofu chocolate "cream".
(GF, no oil, no nuts) \$8

Almond Poppy Seed Bundt Cake w/Fresh Organic Strawberries

Oat flour, millet flour, date-sweetened with fresh lemon zest & almond extract. The bundt is topped with a lemon "frosting"

that is date-based. Organic fresh strawberries top it off. (GF, SF, no added fat) \$8

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

Berry Streusel Coffee Cake: Organic whole grain oat flour, sweetened with coconut sugar. Mixed berries in cake. Our streusel is dates, pecans, coconut shreds, cinnamon & nutmeg. (GF, SF, no added fat) \$5/slice

Blueberry Lemon 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, craisins & almonds – that’s it! No added sweetener, and very nourishing and filling. (GF, SF, no oil) \$5

Blueberry Chickpea Cookies: pureed chickpeas, oat flour, date syrup, dried blueberries. 3 small cookies in a package. (GF,

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

