

# Green Heart MENU for June 7th @ 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” ☺)*

## Spinach Lentil Soup

Brown lentils cooked with onions, garlic, fresh thyme & oregano, sweet potatoes, a small amount of chopped tomatoes, and organic fresh spinach. (GF, SF, no nuts) \$8

**Frozen:**

Corn Chowder (GF, no nuts) \$7.

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

## TV Dinner

“Meat” loaf with garlic mashed potatoes, green beans almondine, and mushroom gravy on the side. NOT the Millet Loaf, this loaf is made of lentils, brown rice, mushrooms, rolled oats, onions, carrots, herbs, tomato paste. (GF, SF, oil-free) \$16.

## Crispy Tofu & Eggplant Lettuce Wraps

Oven-crisped tofu and eggplant bites with fresh carrots, cucumber & green onions, with a savory sesame sauce on the side. Served with rice salad. (GF, small amount of toasted sesame oil, no nuts) \$16

## BLT Salad w/Deviled “Eggs”

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Organic lacinato kale with 3-grain tempeh “bacon”, tomatoes, cucumbers, in a creamy tofu-based dressing. Accompanied by steamed red potatoes stuffed with our hummus (deviled “eggs”). (SF, oil-free, nut-free) \$15

## Sandwiches

**Curried Tempeh ChickUn Salad:** 3-grain tempeh in a dressing of mayo and mango chutney, mixed with celery, carrots, raisins, walnuts & roasted cashews. 8 oz container OR on Dave’s Bread. (filling is GF, nut-free) \$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

**Black Forest Cake:** Organic oat flour, organic cacao, sweetened w/maple & agave. Filled with dark sweet cherry glaze. Frosted in our vegan cream cheez & silken tofu frosting, Topped with organic healthy maraschino cherries. risp (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

**Fresh Apricot Tart:** Sliced ripe apricots baked into a soft cake of organic oat flour, lightly sweetened with agave, and topped with coconut sugar glaze, then baked. (GF, SF, no nuts) \$6

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

**Lemon Tart w/Blueberry Glaze:** our tart crust filled with our lemon curd, and topped with blueberry glaze. (GF, no nuts) \$8

**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

**Blue Corn Mesquite Waffles:** 2 waffles, 4" x 4", wrapped, and ready for your toaster. These are hearty and very filling. (GF, SF, no added fat or nuts) \$8

**Pear & Blueberry Streusel Coffee Cake:** Organic whole grain oat flour, sweetened with coconut sugar., with pears & blueberries in the cakes. Streusel: dates, pecans, coconut, spices. (GF, SF, no added fat) \$5/slice

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

**Peach & Blueberry Oat Bran Muffin** 5.5 oz. organic oat flour, oat bran, sweetened with agave. (GF, no added oil, no nuts) \$5.

**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

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**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

**Carrot Oat Bar:** 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, raisins & almonds – that’s it! No added sweetener, and very nourishing and filling. (GF, SF, no oil) \$5

**Lemon Bar:** set in an organic oat crust, the sweet & tart filling is sweetened with organic birch (diabetic-friendly and low-calorie). (GF, 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*