

Green Heart MENU for July 5th @ Rillito Park Farmers Market

The Day After 4th of July

MARKET HOURS: 8 AM - NOON - SUMMER HOURS!

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

Southwest Zesty Veg w/Posole

Tomato base, potatoes, onions, carrots, celery, roasted corn, peas, posole, (GF, SF, no nuts) \$8

Frozen:

Split Pea Soup (GF, SF, no nuts) \$7. (only 4 available)

Veggie Pasta Soup w/Soy Curls (no oil, nut-free) \$7. (only 3 available)

Chana Butternut Masala

Organic chickpeas and butternut squash simmered in a mild spiced curry sauce creamed with coconut milk. Vegetable rich with mushrooms, onion, garlic and ginger, over organic brown basmati rice pilaf.. Mint cilantro chutney on the side., as well as tamarind sauce. (GF, SF, oil-free, no nuts) \$16.

Mac n'Cheez w/Roasted Veggies

Organic GF red lentil penne in a sunflower seed and sweet potato based cheez sauce, topped with roasted organic red bells, cherry tomatoes, shiitake mushrooms, zucchini & asparagus. (GF, SF, no oil, no nuts) \$16

Sprouted Lentil Salad

So fresh & crunchy! Sprouted organic lentils with green & red cabbage, shallots, mandarin oranges, & craisins in a seasoned vinaigrette. Very nourishing & filling. (GF, SF, no nuts) \$14

Sandwiches

BBQ Jackfruit on a “bun”: Jackfruit dry-sauteed and marinated in our house made BBQ sauce, with our cashew cheez spread on an Ezekiel English muffin (as a healthy bun). OR please specify if you’d prefer a Dave’s Killer Bread hamburger bun. (SF, no added fat) \$14

Chickpea Mock “Tuna”: 8 oz container, OR on Dave’s Bread. This is very low fat, as we make the “mayo” (tofu, lemon juice, apple cider vinegar, Dijon, agave), and high in fiber and plant protein. (filling is GF & oil-free) \$13

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

Potato Salad: our potato salad, made with red potatoes, celery, radishes, red onion, fresh dill & mayo. Soup-size container (16 oz) (GF, SF, no nuts) \$9.

Healthy Desserts

Red, White & Blueberry Uncheezcake: by the slice, organic oat flour crust, sweetened with agave. Silken tofu based uncheesecake, with Violife vegan cream cheese. Topped with raspberry glaze & fresh blueberries. (GF, no added oil/fat) \$8

Chocolate Raspberry Cupcake: our over-sized chocolate cupcake frosted in our chocolate frosting AND topped with

raspberry glaze. (GF, no added oil) \$6

Strawberry Rhubarb Streusel Top Mini-pie: filling of organic strawberries & rhubarb, in an oat flour crust, topped with our streusel (dates, pecans, coconut, cinnamon, nutmeg) (GF, SF, no oil) \$8.

Vanilla Cherry Parfait:

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

9”Pies w/our organic sprouted spelt crust:

Peach
Triple Berry
Cherry
(SF, no nuts) \$38.

Peanut Cacao Nib Truffle: we are now using organic peanut flour, which is less oil than dry roasted peanuts..
\$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. Peaches & pecans in cake. Our streusel is dates, pecans, coconut shreds, cinnamon & nutmeg. (GF, SF, no added fat) \$5/slice

Blueberry Blue Corn Muffin with mesquite. Agave-sweetened. (GF, SF, no added fat) \$5

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

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

Nutter Butter Cookies: oat flour, maple syrup, peanuts-only peanut butter, vanilla. These are filled with peanut butter blended with vegan cream chese, so they should be kept cold. 3 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 the same with chopped almonds added. (GF, SF, no added fat) \$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