



Green Heart MENU for August 2nd @ 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” ☺)

Southwest Black Bean Soup

Ted will make his delicious black bean soup that he seasons with epazote. Also roasted corn, red bells, some tomatoes. (GF, SF, no nuts) \$8

Watermelon Gazpacho

Watermelon, tomato, cucumber, fresh basil, yellow bell pepper, red onion. Very refreshing. (Cold soup!) (GF, SF, oil-free, no nuts) \$8.

Frozen:

Southwest Zesty Veg w/Posole (GF, SF, no nuts) \$7 – only 6 available

Roasted Corn Chowder (GF, no nuts) \$7 - only 2 available

Cauliflower & Butternut Squash Shawarma Bowl

Oven roasted butternut squash & cauliflower with chickpeas and green tahini sauce. The shawarma spices are cumin, paprika & curry powder. The tahini sauce is made of fresh cilantro and fresh parsley, with lemon juice and garlic. With organic brown basmati rice. (GF, SF, oil-free, no nuts) \$16.

Power Bowl

w/ Creamy Cashew Date Dressing

Quinoa, sprouted lentils, apples, cranberries, cabbage, sweet potatoes, broccoli, lacinato kale, pistachios, pumpkin seeds all combine for a healthy bowl of varied textures. (GF, SF, no oil) \$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

Tofu Egg Salad: Made of silken extra firm tofu, with seasonings. On Dave's Bread OR 8 oz container. (filling is GF, no nuts) \$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

Blackberry Lavender Cake: organic GF oat flour, frosted in our vanilla silken tofu frosting with fresh organic berries between the lavender scented layers and on top. (GF, no added oil/fat, no nuts) 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 added oil/fat, no nuts) \$8

Chocolate Peanut Butter-filled Cupcake: our over-sized chocolate cupcake frosted in our chocolate frosting AND filled with peanuts-only peanut butter blended with Violife cream cheez.. (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.

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, raisins, fresh orange zest, agave and brown rice flour.
Slice \$5.00, 1 lb loaf \$27

Breakfast

Millet Breakfast Cake w/Stone Fruit: Organic cooked millet and almond flour make the cake batter, sweetened very lightly with date syrup. Fresh fruit slices baked on top. (I will be shopping for the best organic stone fruit I can find: plums, nectarines or peaches.) (GF, SF, no added fat or nuts) \$5/slice

Peach Scone: different from our usual scone, as these are rolled out and cut into triangles. Oat & almond flours, lightly sweetened with coconut sugar, with peaches. (GF, SF,) \$5

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

Zucchini Bread 10 oz organic oat flour, fresh zucchini, walnuts, lightly sweetened with 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

Lemon Bar: crust of organic whole-grain oat flour, sweetened with organic birch (diabetic-friendly & low-calorie) (GF, SF, no added fat) \$5

Cherry Banana Cookies: pureed white beans, oat flour, date puree, dried cherries. 3 small cookies in a package. (GF, SF, no added fat, no nuts) \$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

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

Magic Bar - sweetened only with a layer of chopped dates; almond flour crust (grain-free, GF, SF, oil-free) 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

*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

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