



Green Heart MENU for August 23rd @ 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” ☺)

Wild Rice & Mushroom Soup

Portabella & shiitake mushrooms simmered with wild rice, onions, carrots, celery & fresh thyme, in our vegetable broth, accented with miso. (GF) \$8

Frozen:

Southwest Black Bean (GF, SF, no nuts) \$7.

“Cream” of Broccoli Soup (GF, no nuts) \$7.

Classic Lentil Soup (GF, SF, no nuts) \$7

Moroccan Chickpea-Potato Tagine

Yukon gold potatoes and chickpeas simmered with fresh ginger, garlic, onion, lemon zest, fresh tomato, and ras el hanout spice blend. Served over Herbed Couscous. (SF, no oil, no nuts) \$16.

For gluten-free, please specify brown basmati rice instead of couscous

TV Dinner

Our organic sprouted millet lentil loaf, green beans almondine, garlic mashed potatoes, and mushroom gravy on the side. (GF, SF, no added oil) \$16

Sandwiches & Salads

Quinoa Salad: Organic quinoa with green onions, cucumber, carrot, parsley, raisins and sliced almonds in a curry lime dressing (coconut yogurt base). RANCH Dressing on the side, too. (GF, SF, oil-free) \$12

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. \$13

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

Black Bean Burger Patties: We pre-bake these, and you will reheat them. Black beans, sweet potatoes, rolled oats, onions & seasonings. Can be eaten on a bun (let me know if you need a Dave's Killer bun,) or by itself. These keep well in the freezer. (GF, SF, oil-free, no nuts) 2 patties \$8

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 (no red #40) (GF, no added oil/fat, no nuts) by the slice \$8

Individual Uncheezcake: topped with triple berry cherry glaze. GF crust. (GF, no added fat, no nuts) \$8

Cappucino Mousse: a variation on our chocolate mousse. Individual mini-pie, maple-sweetened, GF crust. (GF, no added oil/nuts) \$8

German Chocolate Cupcake: our over-sized organic chocolate cupcake, frosted in our silken tofu-based chocolate frosting, and garnished with the coconut-pecan frosting. \$6

Cherry Vanilla Parfait: bits of our vanilla cake layered with our vanilla cream and organic dark sweet cherries. (GF, no added oil/fat, no nuts)

Coffee Cacao Chip Truffle: pecans, cacao nibs, dates, coffee. Ted's newer truffle. (raw, GF, SF, oil-free)
\$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

Millet Breakfast Cake w/Nectarine: organic cooked millet and almond flour make the cake batter, sweetened very lightly with date syrup. Fresh nectarine slices baked on top. (GF, SF, no added fat or nuts) \$5/slice

Lemon Blueberry Scone: fresh lemon & blueberry in oat & teff flours, lightly sweetened with coconut sugar. (GF, SF,) \$5

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

Apple Spice Loaf 10 oz organic oat flour, lightly sweetened with agave, fresh apple, walnuts, cinnamon, cloves & allspice . (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

Oatmeal Craisin Cookies: 3 small soft cookies, made with applesauce & “hidden” banana. Sweetened lightly with coconut sugar and maple syrup. No nuts.
(GF, SF, no added fat) \$5

Nutter Butters: oat flour, maple syrup, peanuts-only peanut butter, vanilla. These are filled with peanut butter blended with vegan cream cheese, so they should be kept cold. Package of 3. (GF, no added oil) \$6

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 fat) \$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, craisins & 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

Green Heart Bakery 520-954-2409

