



## Green Heart MENU for August 30th @ 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” ☺)*

### Soups

Due to the hot weather, and the frozen soups we have, we will not make a new soup this week. (Preview of coming attractions: Beluga Lentil will be in September ☺)

**Frozen:**

**Wild Rice & Mushroom Soup (GF) \$7.**

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

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

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

### Asparagus & Sundried Tomato Quiche

Organic asparagus, fresh tomatoes, sundried tomatoes, onion & fresh basil, in a sprouted organic tofu-based filling, topped with Violife mozzarella, in an organic spelt crust. With our red potato salad (celery, fresh dill, radishes, red onion). A slice is 1/6 of a 9” pie. \$16

**Gluten-free option: GF crust, OR no crust (grain-free)** This is made in a small pie pan (NOT a slice) so it’s larger (GF, no nuts) \$18, includes potato salad.

Whole 9” quiche \$36

Yes, you may order just the potato salad. 16 oz soup-size container \$9.

## Baked Falafel w/Tzatziki Sauce & Farro Salad

Fresh cilantro and parsley season the chickpea-based baked falafel, with a cold cucumber dressing in a cashew yogurt base with fresh dill, on top of a whole grain farro salad (with Roma tomatoes, fresh oregano, & cashew “feta”) (SF, no added oil) \$16

\*For GF, you can request quinoa substitute for the farro.

## Sandwiches & Salads

**Sprouted Lentil Salad:** Fresh & crunchy! Sprouted organic lentils with green & red cabbage, shallots, mandarin oranges & raisins in a seasoned vinaigrette. Very nourishing & filling. (GF, SF, oil-free, nut-free) \$14

**Tofu Egg Salad:** Made of silken extra firm tofu, with seasonings. 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

**Blackberry Lavender Cake:** organic 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

**Coconut Cream Pie:** individual mini-pie, GF crust. (GF, SF, no added fat – there is fat in the coconut milk) \$8

**Organic Hand Pie:** in sprouted spelt crust (SF, no nuts) \$8  
**Peach or Cherry**

**Peanut Butter & Cream Cheez-filled Chocolate**

**Cupcake:** our oversized organic chocolate cupcake, frosted in chocolate, and filled with our peanut butter & cream cheez filling. (GF, no added fat) \$6

**Berry Vanilla Parfait:** bits of our vanilla cake layered with our vanilla cream and organic assorted berries. (GF, no added oil/fat, no nuts)

**Almond Overjoy Truffle:** almonds, dates, coconut. (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

**Blueberry Oat Bran Muffin:** organic oat flour, oat bran, lightly agave-sweetened (GF, no added fat or nuts) \$5

**Fresh Fig Scone:** with Mexican tarragon, in oat & teff flours, lightly sweetened with coconut sugar. (GF, SF,) \$5

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

**Orange Coconut Pineapple Loaf** 10 oz organic oat flour, lightly sweetened with agave. (GF, SF, no added fat, no nuts) \$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

**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

**Blueberry Chickpea Cookies:** pureed chickpeas, oat flour, date syrup, dried blueberries, vanilla. Package of 3. (GF, SF, no added oil/nuts) \$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 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*