



Green Heart MENU for August 9th@ 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” ☺)

“Cream” of Broccoli Soup

Broccoli, potatoes, carrots, onions in a miso base. (GF, no nuts)
\$8

Frozen:

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

7-Layer Dip & Chips

Our 7-Layer dip: our refried beans (made from scratch), topped with brown rice, then mild salsa, then our queso, black beans, roasted corn, garnished with black olives, tomatoes & cilantro. Our guacamole is on the side, so you can heat up your “bowl” without heating up the guac. Oven-baked organic corn tortillas, cut into chis, on the side,

Queso sauce (cashew cheez, coconut yogurt, mild pico de gallo, cumin – not hot spicy).

(GF, SF, oil-free) \$16.

GF Roasted Veggie Lasagna

w/Puttanesca Sauce

Tinkyada organic brown rice lasagna noodles, organic roasted: zucchini, red bells, eggplant, spinach, and a “ground beef” that we make out of lentils and beets. Our puttanesca sauce, which is a marinara kicked up with capers, shallots, and minced Kalamata olives. Layered with our organic cashew cheez and our organic oil-free pesto.

Topped with a small amount of Violife mozzarella.

(GF, SF, no oil) \$16

Half pan lasagna \$50

Nicoise Salad

Our chickpea mock “tuna” on organic greens, with steamed red potatoes, green beans, cherry tomatoes, Kalamata olives. Our Ranch dressing on the side. (GF, SF, no nuts, no oil) \$14

Sandwiches

Chickpea Mock Tuna: On Dave’s Bread OR 8 oz container. 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, 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

Black & White Marble Cake: our organic chocolate cake & vanilla cake batters, blended together, then frosted in both vanilla and chocolate frosting. (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

Oreo Uncheezcake: The crust is made of Newman O’s chocolate sandwich cookies; they are made with organic flour, not GF & organic cane-sweetened. The uncheesecake is made of soaked cashews, Violife cream cheez, silken tofu. Topped with our chocolate mousse. (definitely has fat in the ingredients, although we are not adding any). Individual size \$8

Triple Berry Streusel Top Mini-pie: filling of organic raspberries, blueberries & blackberries, in an oat flour crust, topped with our streusel (dates, pecans, coconut, cinnamon, nutmeg) (GF, SF, no oil) \$8.

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, raisins, 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

Blueberry Streusel Coffee Cake: organic whole grain oat flour, sweetened with coconut sugar. Streusel: dates, pecans, coconut, spices. (GF, SF, no added fat) \$5/slice

Apricot Pecan Scone: oat & teff flours, lightly sweetened with coconut sugar. (GF, SF,) \$5

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

Lemon Berry Bread 10 oz organic oat flour, lightly sweetened with agave, fresh lemon, and mixed berries. (GF, SF, no added fat, no nuts) \$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

Carrot Oat Bar: rolled oats, almond butter, shredded carrots, toasted pecans, sweetened with date paste. (GF, SF, 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, 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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