



Green Heart MENU for October 4th @ Rillito Park Farmers Market

MARKET HOURS: 9 AM -1 PM-- *WINTER HOURS BEGIN!*

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

Pumpkin Lentil Soup

Red lentil soup with organic pumpkin, carrots, celery, onions, and seasoned with herbs. (GF, SF, no nuts, no oil) \$8.

Frozen: Mulligatawny (GF, SF, no nuts) \$7.

Tuscan White Bean (GF, no nuts, no oil) \$7- ONLY 2

Pumpkin Risotto w/Mushrooms

Arborio rice simmered in our house made broth, with mushrooms (shiitake & porcini), organic pumpkin, shallots, garlic, and fresh sage. (GF, SF, no oil) \$16

Quiche Florentine

Organic spinach & baby bella mushrooms in a tofu-based filling, topped with Violife mozzarella cheez, in an organic spelt crust. Filling is oil-free; crust is low oil. Serving is 1/6 of a 9" pie, with our red potato salad on the side. \$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 \$18, includes potato salad.

Whole 9" quiche \$36

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

Tempeh Rolls w/Macademia Nut Ranch Dip

Seasoned and roasted 3 grain tempeh, tangy cabbage, carrot – apple-onion slaw, wrapped in nori. With macademia nut based ranch dip. (GF, SF, oil-free) \$15

Sandwiches

Tofu Egg Salad: Made of silken extra firm tofu with seasonings. 8 oz container, OR on Dave's Bread. (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

Apple Spice Cake w/Maple Frosting: organic oat flour, organic spices, raisins, walnuts,=, sweetened with maple & agave. Frosted in our maple silken tofu based frosting. (GF, no added oil/fat) by the slice \$8

Tiramisu by the slice: the mascarpone is made of whipped coconut cream blended with soaked cashews and maple syrup – but not too sweet. (GF, SF, no added oil/fat) \$9..

Organic Chocolate Cupcake filled with Peanut Butter & Cream Cheez: our new bigger cupcake size. (GF, no added fat) \$6

Organic Cherry Hand Pie in sprouted spelt crust. \$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

Fresh Pear & Cranberry Upside Down Cake: organic whole grain oat flour, gently sweetened w/agave. (GF, SF, no added fat, no nuts) \$5

Blue Corn Waffles: organic corn meal, oat flour, a little mesquite flour, sweetened with agave, TWO waffles, 4" x 4", ready to be reheated in your toaster. (GF, SF, no added oil or nuts) \$9

Blue Corn & Mesquite Muffin: organic oat flour, organic blue corn meal, organic mesquite flour, agave-sweetened (GF, SF, no added oil or nuts) \$5

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

Pumpkin Pecan Bread: 10 oz organic oat flour, organic pumpkin, sweetened with agave w/a dash of maple, all the spices & pecans. (GF, no added fat) \$8

Chocolate Glazed Donut: organic oat flour, baked, lightly sweetened with coconut sugar, dark chocolate glaze. Choice of mini chocolate chips on top, or sprinkles (vegetable dyes). (GF, SF, no oil, no nuts) \$5

Hazelnut Truffles: dates, hazelnuts, pecans. (raw, GF, SF, no oil) \$3 each or 3/\$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

Fresh Lime Bar: fresh lime juice & zest in a rice milk base, sweetened with organic birch, so diabetic-friendly. (GF, oil-free, nut-free) \$5

Chewy Oatmeal Craisin Cookies: rolled oats, banana, raisins, organic oat flour, coconut sugar, splash of maple. Package of 3. (GF, SF, no added oil/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 banana, rolled oats, raisins & almonds – that’s it! No added sweetener, and very nourishing & 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) 5.00

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