



## Green Heart MENU for September 13th @ 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” ☺)*

### Mulligatawny

A thick hearty soup of organic red lentils & organic sweet potatoes, with roasted organic garbanzos. Seasoned with fresh ginger & garlic Indian spices. (GF, SF, no nuts) \$8.

### GF Roasted Veggie Lasagna

#### w/Puttanesca Sauce

Tinkyada organic brown rice lasagna noodles, organic roasted: zucchini, red bes, 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 pest.

Topped with a small amount of Violife mozzarella.

(GF, SF, no oil) \$16

### Moo Shu Veggies w/Brown Jasmine Rice

Cathy will make a favorite dish of hers: wood ear & crimini mushrooms, celery, carrots, orange bell, leeks, and braised tofu in a delicious sauce. Served with organic brown jasmine rice. (GF, oil-free, nut-free) \$16

## Green Goddess Quinoa Bowl

Rainbow quinoa, millet garnet yams, kale toasted pumpkin seeds, roasted garbanzos. House made green goddess dressing of cashews, fresh parsley, fresh basil, lemon juice, garlic, served on the side. ( GF, SF, oil-free) \$14

## Sandwiches

**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

**Lemon Strawberry Cake:** organic oat flour, fresh lemon zest, organic strawberries, sweetened with agave. Frosted in our vanilla silken tofu based frosting. Sliced almonds on the sides of the cake. (GF, no added oil/fat) by the slice \$8

**Strawberry Rhubarb Streusel Top Mini- Pie:** filling of organic strawberries and rhubarb, in an oat flour crust, topped with our streusel (dates, pecans, coconut, cinnamon, nutmeg) (SF, GF, no oil) \$8

**Chocolate Berry Parfait:** bits of our chocolate cake layered with our chocolate mousse and organic berries. (GF, no added oil/fat, no nuts) \$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

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

**Date Walnut Scone:** oat & almond flours, lightly sweetened with coconut sugar. (GF, SF) \$5

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

**Apricot Pistachio Loaf** 10 oz organic oat flour, lightly sweetened with agave. (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

**Blueberry Chickpea Cookies:** pureed chickpeas, oat flour, date syrup, dried blueberries, vanilla. 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

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