



Green Heart MENU for September 27th @ 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” ☺)

Tuscan White Bean

A rustic soup of red potatoes, white beans, lacinato kale, Italian seasoned tofu crumbles, with onion, garlic, and seasoned with herbs. (GF, no nuts, no oil) \$8.

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

Kale Potato Enchilada Casserole

(Not hot spicy) Organic: potatoes, kale pinto beans, onions, spices, corn tortillas, green tomatillo sauce, “cheez” sauce (rice milk, nutritional yeast oat flour, spices). Garnished with fresh lime and cilantro. (GF, SF, nut-free, no oil) \$16

Lemongrass Plantains & Pumfu

Sweet plantains and house made pumpkin seed “tofu” in an aromatic lemongrass ginger broth. Finished with lime and cilantro. Served with organic brown jasmine rice. (GF, oil-free, nut-free. Does contain coconut) \$16

*If anyone would like “heat”, James is making fermented sauces from the chilis at the farmers market. Mango hot sauce is 1 on a scale of 5. Two oz cup \$2

Mushroom Lentil Grain Bowl

Organic quinoa, wild rice, lentils on a bed of Napa cabbage, with Brussels sprouts & mushrooms. Topped with sliced red onion and almonds. Miso tahini dressing on the side. (GF, SF, oil-free) \$15

*We're sprouting some lentils for this weekend.

Sandwich baggy of lentil sprouts: \$6

Sandwiches

Curried ChickUn Salad: Made with SOY CURLS, with seasonings. 8 oz container, OR on Dave's Bread. (filling is GF, oil-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

Chocolate Brownie Cake: organic oat flour, organic cacao, sweetened with maple & agave. Frosted in our chocolate silken tofu based frosting. (GF, no added oil/fat) by the slice \$8

Coconut Cream Pie: individual mini-pie, GF crust. (SF, GF, no added fat – there IS fat in the coconut milk.) \$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 Carrot Cake Cupcake: 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

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

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

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

Zucchini Bread: 10 oz organic oat flour, lightly sweetened with agave. (GF, SF, 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

Seedy Quinoa Breakfast Cookies: rolled oats, cooked quinoa, with pumpkin seeds, hemp seeds and chia seeds. Lightly sweetened with coconut sugar. Package of 4. (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, crasisins & 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