



Green Heart MENU for September 6th @ 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” ☺)

Beluga Lentil

A thick hearty soup of organic black “beluga” lentils that I buy from the grower – certified glyphosate-free – with onion, garlic, carrots, peas and seasoned with herbs. (GF, SF, no nuts) \$8.

Frozen:

Wild Rice & Mushroom Soup (GF) \$7. (only 4)

“Cream” of Broccoli Soup (GF, no nuts) \$7. (only 2)

Lemony Asparagus Fettuccine w/Artichoke Hearts

Lots of organic asparagus, with artichoke hearts, and fresh lemon kicking up our Alfredo (white) sauce. On spinach fettuccine. (SF, oil-free) \$16

Gluten-free option: Please specify GF pasta.

BBQ Stuffed Sweet Potatoes

Sloppy Joes meet baked potatoes: jackfruit & lentils simmered in our barbecue sauce, then stuffed and on top of organic sweet potatoes. Also with “quick pickled” red onion garnish and diced cucumbers. Herbed quinoa on the side. (GF, SF, oil-free, nut-free) \$16

Thai-inspired Tempeh Salad

A rainbow of colors: shredded red cabbage, orange carrots, red bells, green spinach, green onions, with organic rice noodles, and 3-grain tempeh (soybeans, brown rice, barley, millet) bites, with a peanut lime dressing. (oil-free) \$16

Sandwiches

Chickpea Mock “Tuna”: 8 oz container, OR on Dave’s Bread. 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, oil-free, nut-free) \$13

Roasted Veggie & Hummus Sandwich: Zucchini, yellow squash, red bells, sweet onions – all roasted. On Dave’s bread with our pesto mayo and our oil-free hummus. (SF, no added oil) \$13

You can order just the roasted veggies in pesto \$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

Organic Carrot Cake: organic carrots, organic oat flour, frosted in our vanilla silken tofu based frosting. (GF, no added oil/fat) by the slice \$8

Tiramisu: the mascarpone is made of whipped coconut cream blended with soaked cashews and maple syrup – but not too sweet. (GF, SF, no added fat – there is fat in the coconut cream) \$8

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

9” Pies in our sprouted spelt crust:

Peach

Triple Berry

Cherry
(SF, no nuts) \$38

Banana Chocolate Chip Cupcake: our oversized banana chocolate chip cupcake, frosted in chocolate. (GF, no added fat or nuts) \$6

Chocolate Cherry Parfait: bits of our chocolate cake layered with our chocolate mousse and organic cherries. (GF, no added oil/fat, no nuts) \$8.

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, raisins, 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

Fresh Peach Scone: different from our usual scone, as these are rolled out and cut into triangles. Fresh peaches, oat & almond flours, lightly sweetened with coconut sugar. (GF, SF) \$5

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

Lemon Berry Loaf 10 oz organic oat flour, lightly sweetened with agave. (GF, 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

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

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

Green Heart Bakery 520-954-2409