



Green Heart MENU for October 11th @ 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" ☺)

Split Pea Soup

Organic split peas from Palouse (no glyphosate), potatoes, carrots, parsnips, onions, and seasoned with herbs. (GF, SF, no nuts) \$8.

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

Thai Red Curry

No "hot spicy". Broccoli, asparagus, carrot, onion, snow peas, garbanzos & zucchini. Served with organic brown jasmine rice. (GF, SF, no oil, no nuts) \$16

Stuffed Red Bell Pepper

An organic red bell, stuffed with Mexican rice (pinto beans, onions, celery, cumin, chili powder, some tomato, organic short grain brown rice). One whole pepper. Topped with cheez sauce (cashew and coconut yogurt based) (GF, SF, no added oil) \$16

Sandwiches & Salads

Nicoise Salad: Our chickpea mock "tuna" on organic greens, with steamed red potatoes, green beans, cherry tomatoes, kalamata olives & artichoke heart. Our Ranch dressing on the side. (GF, SF, no nuts) \$13

Chickpea Mock Tuna: 8 oz container OR on Dave's Bread. This is very low fat, as we make the "mayo" (silken tofu, lemon juice, apple cider vinegar, Dijon, agave), and high in fiber and plant protein (filling is GF, oil-free, 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.

BBQ Jackfruit on a Bun: Jackfruit dry-sauteed and marinated in our house made BBQ sauce, with our cashew cheez spread.

Please choose an Ezekiel English muffin as the bun OR a Dave's Bread hamburger bun. (SF, no added oil). \$14

Healthy Desserts

Blackberry Lavender Cake: organic oat flour, frosted in our vanilla silken tofu frosting with fresh organic berries between the lavender scented layers and on top. (GF, no added oil/fat) by the slice \$8

Cappucino Mousse: a variation on our chocolate mousse. Individual mini-pie, maple-sweetened, GF crust. (GF, no added oil/nuts) \$8.

Tofu Pumpkin Mini-pie: w/organic sprouted spelt crust (no added oil/fat) \$8..

German Chocolate Cupcake: our new bigger cupcake size. (GF, no added fat) \$6

Organic Fresh Berry Tarts (GF, no nuts) \$8.

Alaine's Rainforest Cake –our 34th 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

Millet Breakfast Cake w/Pear: organic cooked millet and almond flour make the cake batter, sweetened very lightly with date surup. Fresh pear slices baked on top. (GF, SF, no added fat, no nuts) \$6/slice

Cherry Almond Scone: (GF, SF) \$5

Banana Blueberry Buckwheat Muffin: organic oat flour, organic buckwheat flour, with blueberries, & 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

Carrot Bread: organic carrots, organic oat flour, organic raisins, pecans, pineapple, sweetened with agave. (GF, no added oil) \$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

Nutter Butter Cookies: oat flour, maple syrup, peanut

butter, vanilla. These are filled with peanuts-only peanut butter, blended with vegan cream cheese, so they should be kept cold. 3 in a package. (GF, no added fat) \$6

Date Protein Cookies: Medjool dates, rolled oats, hemp seeds. Package of 3. (GF, SF, no added oil/nuts) \$6

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