



Green Heart MENU for October 18th @ 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" 😊)

Roasted Garlic, Squash & Farro Stew

Organic butternut squash, delicata squash, turnips, butter beans, kale, farro, seasoned with fresh parsley, rosemary, thyme. (SF, no nuts, no oil) \$8.

Frozen: Split Pea (GF, SF, no nuts) \$7

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

White Bean Chili w/Jackfruit

As usual for us, not "hot spicy", just yummy with onions, garlic, roasted corn, cilantro, with the jackfruit and white beans. Comes with an organic corn muffin with cheddar shreds inside & roasted corn kernels. (GF, SF, no added oil, no nuts) \$16

Roasted Vegetables on Garlic Mashed Potatoes

Roasted Brussels sprouts, mushrooms, shallots on our garlic mashed potatoes, made with oil or fat. Steamed with garlic cloves and mashed with oat milk. Light gravy on the side. (GF, SF, no added oil or nuts) \$16

Sandwiches & Salads

Apple Cranberry Chickpea Salad: organic chickpeas, fresh apple, dried cranberries, celery & walnuts in our house made mayo. Salad is GF. (GF, no added oil) 8 oz container OR a sandwich on Dave's Bread. \$13

Seitan Reuben: house-made seitan corned "beef", sauerkraut, house-made cashew cheez spread, with our Russian dressing, on Sprouts sourdough rye \$13.

Millet Lentil Loaf Sandwich sprouted organic millet & lentils, seasoned with basil, thyme & oregano. With house made cashew cheez spread, & ketchup on Dave's Bread. (SF, no added oil). \$14
Individual one lb. loaf (no bread) \$14.

Black Bean Burger Patties: We pre-bake these, and you will reheat them. Black beans, sweet potatoes, rolled oats, onions & seasonings. Can be eaten on a bun (let me know if you need a Dave's Killer bun), or by itself. These keep well in the freezer. (GF, SF, oil-free, no nuts) 2 patties \$9

Healthy Desserts

Banana Chocolate Chip Cake: organic oat flour, fresh ripe bananas, agave sweetened (GF, no added oil/fat) by the slice \$8

Organic Apple Hand Pie: fresh organic apples, lightly sweetened w/agave, baked in our organic sprouted spelt crust. (SF, no nuts) \$8.

Tofu Pumpkin Mini-pie: w/organic oat flour crust
(GF, no added oil/fat) \$8

Molasses Ginger Parfait: Morsels of our molasses ginger cookies layered with our organic apple pie filling and our maple sweetened vanilla "cream". (GF, no nuts) **\$8**

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

Breakfast

Blueberry Streusel Coffee Cake -- healthy streusel is dates, pecans, coconut shreds (GF, SF, no added fat) \$5/slice

Cranberry Orange Walnut Scone: (GF, SF) \$5

Chocolate Zucchini Muffin: organic oat flour, oat bran, fresh zucchini shreds (GF, 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

Sweet Potato Bread: 10 oz. organic oat flour, sweetened w/coconut sugar, dried apricots, & topped with pumpkin seeds. (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

Raw Rocky Road (dates, peanut butter, walnuts, almonds, cacao, buckwheat flour, vegan marshmallows). (raw, GF, oil-free) \$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

Pecan Pie Bars: a bottom crust of almond flour, pecans & Medjool dates. Then topped with a caramel made of dates and a touch of maple syrup – and chopped pecans on top of the caramel. (GF, SF, 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

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

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