



Green Heart MENU for October 25th @ Rillito Park Farmers Market

MARKET HOURS: 9 AM -1 PM-- WINTER HOURS!

(Please have your order in by Thursday 6 pm. For us, "the sooner the better" 😊)

Pasta e Fagioli

Our house made sausage (pinto bean based) helps flavor this hearty dish of cannellini beans & organic GF chickpea penne pasta with Italian herbs & Kalamata olives. Definitely a meal. (GF, SF, no nuts, no oil) \$10.

Frozen: Roasted Garlic, Squash & Farro Stew (SF, no nuts, no oil) \$7

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

Chana Butternut Masala

Organic chickpeas and butternut squash simmered in a mild spiced curry sauce creamed with coconut milk. Vegetable rich with mushrooms, onion, garlic and ginger, over organic brown basmati rice pilaf. Mint cilantro chutney on the side, as well as tamarind sauce. (GF, SF, no added oil, no nuts) \$17

Mad Cowboy Bowl

Our seitan spare "ribs" in our oil-free barbecue sauce, on a bed of oven-roasted veggies: potatoes, shallots, broccoli, parsnips. With our Ranch dressing on the side, AND our baked beans, too. (SF, no added oil or nuts) \$16

Sandwiches & Salads

Veggie Wrap: house made hummus, fresh sprouts, crispy air-fried tofu, shredded carrots, purple cabbage. WW lavash OR GF tortilla – PLEASE SPECIFY (can be GF, no added oil) \$13

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

Tofu Egg Salad: Made of silken extra firm tofu with seasonings. 8 oz container OR on Dave’s Bread. (filling is GF, no nuts). \$13

Quinoa Salad: organic quinoa with green onions, cucumber, carrot, parsley, raisins and sliced almonds in a curry lime dressing (coconut yogurt base). RANCH dressing on the side, too. (GF, SF, oil-free) \$12.

Healthy Desserts

Black Forest Cherry Cake: organic oat flour, organic cacao, sweetened with maple & agave. Filled with dark sweet cherry glaze. Frosted in our vegan cream cheez & silken tofu frosting. Topped with organic healthy maraschino cherries (no red #40). (GF, no added oil/fat, no nuts) by the slice \$9

Tiramisu by the slice: the mascarpone is made of whipped coconut cream blended with soaked cashews and maple syrup – but not too sweet. (GF, SF, no added oil/fat) \$9.

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

Individual Pumpkin Pecan Uncheezcake: 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

Pear Cranberry Upside Down Cake -- organic whole grain oat flour, gently sweetened w/agave. Slices of fresh ripe pear set in sweetened tart cranberries. (GF, SF, no added fat, no nuts) \$6/slice

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

Pumpkin Cranberry Muffin: organic oat flour, chopped fresh cranberries (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

Gingerbread Loaf: 10 oz. organic oat flour, sweetened w/molasses and maple. (GF, SF, no added oil or nuts) \$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

Cookies and Bars

Chocolate Raspberry Truffle Brownie:

Different than our big cake brownie, it is dense like a truffle. Oat flour, melted 100% cacao, our raspberry glaze mixed in

bater, & fresh raspberries, too. No added oil/margarine but a fudgy rich brownie as if there – similar to a truffle. (GF, SF, no nuts, no added fat) \$5

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

Fruit Fusion Bar: This is the Apricot Date Breakfast Bar with dried blueberries and raisins added to the apricots and dates. (GF, SF, no added fat or nuts. Date-sweetened) \$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, raisins & 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

