



## Green Heart MENU for November 1st @ 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" ☺)*

### Squash & Red Bean Stew

A hearty stew of cubed squash, onions, carrots, red bells, tomatoes and red beans, simmered with herbs. (GF, SF, no nuts, no oil) \$8

Frozen: **Pasta e Fagioli** (GF, SF, no nuts, no oil) Only 5 available \$9

**Chana Butternut Masala:** (GF, SF, no added oil, no nuts) Only 6 containers available. PLEASE SPECIFY if you'd like the organic brown basmati rice on the side. \$!4

### Vegetable Paella

Organic oyster mushrooms from Desert Pearl, yellow squash, eggplant, artichoke hearts, cauliflower, garlic, onions, fresh tomatoes, in a white wine sauce over saffron rice with peas. Allioli on the side. (GF, SF, no added oil, no nuts) \$17

### Shepherd's Pie

Assorted vegetables (peas, carrots, green beans) & white beans in our almond milk-based gravy, seasoned with sage & thyme, topped with a crust of white sweet potatoes (Hannah yams) & Yukon Gold potatoes mashed together. (SF, SF, no added oil) \$16

## Forbidden Rice Bowl

A creamy miso-ginger dressing on the side of assorted organic veggies (including broccoli & cauliflower), oven roasted tofu skewers, over organic black rice. Pickled purple cabbage on top adds tangy flavor. This can be eaten hot, cold, or room temp. (GF, no oil, no nuts) \$15.

## Sandwiches & Salads

**Curried Tempeh ChickUn Salad:** 3-grain tempeh in a dressing of mayo and mango chutney, mixed with celery, carrots, raisins, walnuts & roasted cashews. 8 oz container OR 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.

## Healthy Desserts

**Chocolate Pumpkin UncheeseCake:** by the slice, organic oat flour crust. Our pumpkin uncheesecake, topped with our chocolate mousse. (GF, no added oil/fat, no nuts) \$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.

**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**

**Chocolate Raspberry Cupcake** (GF, no added fat, no nuts) \$6

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

**Alaine’s Rainforest Cake – our 34<sup>th</sup> holiday season!**

A loaf made of organic & unsulfured: Brazil nuts, dates, apricots, pineapple, raisins, craisins, fresh orange zest, agave and brown rice flour. Slice: \$5, 1 lb loaf \$27, 2 lb loaf \$46.

## Breakfast

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

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

**Lemon Berry Muffin:** organic oat flour, fresh lemon zest, assorted berries. (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

**Zucchini Walnut Loaf:** 10 oz. organic oat flour, sweetened w/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

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## Cookies and Bars

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**Raw Rocky Road:** dates, peanut butter, walnuts, almonds, cacao, buckwheat flour, vegan marshmallows. (Raw, GF, oil-free) \$3 each or 3/\$8

**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 Butters:** oat flour, maple syrup, peanuts-only peanut butter, vanilla. These are filled with peanut butter blended with vegan cream cheese, so they should be kept cold. Package of 3 (GF, no added fat) \$6

**Seedy Quinoa Breakfast Cookies:** rolled oats, cooked quinoa, with pumpkin seeds, hemp seeds and chia seeds. Lightly sweetened with maple. 4 small cookies in an order. (GF, SF, no 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

**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*