

Green Heart MENU for November 15th @ 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" ☺

Creamy Broccoli & Bean Soup

This is a pureed, smooth soup (in contrast to the thick, hearty soups we often make). In addition to broccoli and white beans, there's fresh spinach, onions and garlic in the mix as well, (GF, SF, no nuts, no oil) $8.

Frozen: Pumpkin Lentil Soup, thick & hearty (GF, SF, no nuts, no oil) $7.

Moroccan Chickpea Potato Tagine

Yukon Gold potatoes and chickpeas simmered with fresh ginger, garlic, onion, lemon zest, fresh tomato, and ras al hanout spice blend. Served over herbed quinoa. (GF, SF, no oil, no nuts $16

TV Dinner

"Meat" loaf with garlic mashed potatoes, green beans, and mushroom gravy on the side. NOT the Millet Loaf; this loaf is made of lentils, brown rice, rolled oats, onions, carrots, herbs, tomato paste. (GF, SF, nut-free, oil-free) $16

Sandwiches

Apple Cranberry Chickpea Salad: organic chickpeas, fresh apple, dried cranberries, celery & walnuts in our house made mayo. Salad is GF. (no added oil) 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 $14.

Healthy Desserts

Toasted Hazelnut Raspberry Cake: toasted hazelnuts replace half the flour, sweetened w/agave, with raspberry glaze, and fresh raspberries. Vanilla silken tofu based frosting. (GF, no added oil/fat) by the slice $8

Cranberry Bliss Bar: A frosted bar with cranberries, walnuts, orange and cinnamon. (GF, no added oil/fat) $9..

Triple Coconut Cupcake frosted in Chocolate OR Vanilla : our new bigger cupcake size. (GF, no added fat) **$6 PLEASE SPECIFY FROSTING FLAVOR ☺**

Organic Cherry Hand Pie in sprouted spelt crust. $8

Individual Pumpkin Uncheesecake topped with Chocolate Mousse (Chumpkin) (GF, no added oil/nuts) $8

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

Alaine's Rainforest Cake –our 34th (yikes!) 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 (2 lb loaves to come; holiday mail orders have begun!)

Breakfast

Blueberry Streusel Coffee Cake: organic whole grain oat flour, sweetened with coconut sugar. Streusel is dates, pecans, coconut. (GF, SF, no added fat) $5/slice

Gingerbread Loaf: 19 pz, organic oat flour, sweetened w/molassed and maple. (GF, SF, no added oil or nuts) $8

Cranberry Orange Walnut Bread: organic oat flour, agave-sweetened (GF, no added oil) $8

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

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

Pecan Tart: in our organic oat flour tart crust (GF) $9

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

Samoa Cookies: Dipped in dark chocolate, healthy version of the Girl Scout cookie, with coconut. Package of 3. (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) 5.00

Carrot Oat Bar: made of rolled oats, almond butter, shredded carrots, toasted pecans, sweetened with dates. (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