

Green Heart MENU for Sunday, November 22nd @ Rillito Park Farmers Market

WINTER HOURS: 9 AM – 1 PM

(Please have your order in by 6 PM Thursday evening as well as your Thanksgiving order if you haven't already sent it in.)

Mulligatawny Stew

A thick hearty soup of organic red lentils & organic sweet potatoes, with roasted organic garbanzos. Seasoned with fresh ginger, garlic, and Indian spices. (GF, SF, no nuts, no oil) $8

Frozen: Creamy Broccoli & White Bean (GF, SF, no oil, no nuts) $7
***Only 4 available**

Tempeh Coconut Curry

Cubes of tempeh (sprouted organic soybeans, barley, brown rice, millet), garbanzos, broccoli, Brussels sprouts & green beans in a coconut milk-based curry, with just the right amount of "spice" (fresh ginger & garlic). Served with organic brown basmati rice. (oil-free, no nuts) $16

Stuffed Butternut Squash

With house made sausage & cornbread stuffing. Sausage: pinto beans, oat flour & seasonings. Cornbread: GF, SF, whole-grain, organic, no added fat.
1 full squash w/stuffing $36 (2 servings)

½ squash w/stuffing $20

Additional 16 oz container of stuffing $11 (our soup-size container)

White Wine Shallot Mushroom Gravy, made without fat. Oat milk base, GF. Seasoned with sage and thyme. 16 oz $12 (GF, SF, no nuts, no added fat)

Garlic Mashed Potatoes: the garlic is steamed and mild. Oat milk & nutritional yeast with the Yukon gold potatoes – NO margarine. (You may add your own if you wish ☺) Our soup-size container – serves 2. $13 (GF, SF, no nuts, no added fat)

Fresh Cranberry Sauce w/crushed pineapple, fresh orange, and apple. Gently sweetened with agave. 16 oz container $14

Green Bean Casserole fresh green beans in a mushroom, onion, garlic & herb sauce, baked and topped with breadcrumbs & toasted almonds. Our soup-size container $12 (enough for 2-4 servings) (GF, SF, no added fat)

Sandwiches & Salads

Tofu Egg Salad: Made of silken extra firm tofu, with seasonings. 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 Chia Cracked Rye. $14.

Black Bean Burger Patties We pre-bake these, and you will reheat them. Blck 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 $8

Healthy Desserts

(please see the Thanksgiving menu for all the pie options/sizes)

Tofu Pumpkin Pie: organic sprouted spelt crust. (GF, no oil) $8 Mini-pie
9" pie $35 (serves 6)

Chocolate Mousse Pie: individual mini-pie, GF crust. (GF, no added fat, no nuts) $8
9" Chocolate Mouse Pie $35

Hand Pie – Apple
Organic sprouted spelt crust (SF, no nuts) $8

9" Organic Apple Pie in organic sprouted spelt lattice top crust $36

Pecan Tart in our organic oat flour tart crust (GF) $8

Parfait: our chocolate cake layered with organic CHERRIES and our chocolate mousse. (GF, no added fat, no nuts) $8.

Organic Mixed Berry Tart (GF, no nuts) $8.

Pumpkin Mini-Pie w/oat crust (GF, no added oil) $8
9" Pie – see Thanksgiving menu for options

Alaine's Rainforest Cake – our 34th holiday season!

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

Breakfast

Gingerbread Loaf: organic oat flour, sweetened with molasses and maple. (GF, SF, no added oil or nuts) $8

Banana Walnut Bread 10 oz. organic oat flour, sweetened w/agave (SF, GF, no added oil) $8.

Cranberry Orange Walnut Bread: 10 oz organic oat flour, sweetened w/agave (GF, no added oil) $8

Pumpkin Pecan Bread 10 oz. organic oat flour, sweetened w/agave, organic pumpkin and ALL the spices (GF, no added oil) $8

Pear Cranberry Upside Down Cake by the slice. Organic oat flour, sweetened with agave. (GF, SF, no added oil,

no nuts) $6/slice

Cookies and Bars

Samoa 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.

Wendy's Wonder Bars: made of ripe banana, rolled oats, craisins & almonds – that's it! No added sweetener, and very nourishing and filling. Courtesy of Ted's sister, Wendy ☺ (GF, SF, no added fat) $5.

Diabetic-friendly Chocolate Brownie: our organic cake brownie, sweetened with organic birch, no zero "sugars" in a nutritional analysis. Date-sweetened chocolate chips & pecans on top. (GF, no added fat) $6.

Samoa Cookies: dipped in chocolate, healthy version of the Girl Scout cookies. 3 cookies in a container. (SF, GF, no nuts) $5

Apricot Date Bar: This is the Apricot Date Breakfast Bar (GF, SF, oil-free, date-sweetened, no nuts) $5.00

Chocolate Glazed Donuts, baked, topped with mini chocolate chips OR sprinkles (GF, SF, no added oil, no nuts)$5.00

Oatmeal Applesauce w/Chocolate Chip (SF, GF, no added fat, no nuts) $5.

Chocolate Chip Pecan (SF, GF) $5.

Molasses Ginger (GF, no nuts) $5.

Organic Chocolate Brownie (GF, oil-free)$5.

Magic Bar: almond flour crust, layers of dates, chopped pecans, coconut shreds, Enjoy Life mini-chocolate chips, baked & set with coconut milk. (grain-free, GF, SF, oil-free) $5

Thank you in advance for your order. Please note 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
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