GREENHEART
MENU

for

Harlow Gardens Holiday Marketplace

Nov 7 & 8, 2026

Organic, whole grain, gluten–free, refined sugar free, no added oil/fat

Muffins (large 5 oz) (GF, no added oil, no cane sugar):

Blueberry Oat Bran Muffin **$5.00**

Pumpkin Spice w/Cranberries **$5.00**

Cookies (5 oz) (GF, whole grain oat flour, no cane sugar):

Chocolate Chip Pecan **$5.00**

Oatmeal Chocolate Chip **$5.00**

Molasses Ginger **$5.00**

Organic Chocolate Brownie (GF, no added oil/fat, sweetened w/maple) $5.00

Apricot Date Breakfast Bar w/Chocolate Chips (GF, date-sweetened) $5.00

Pumpkin Pecan Bread 10 oz (organic whole grain GF, agave–sweetened, no added oil) $8.00

Banana Walnut Bread 10 oz. (GF, soy–free, no added oil, whole grain) $8.00

ALL BAKED GOODS ARE GLUTEN–FREE, ORGANIC WHOLE GRAIN OAT FLOUR

French Roast Coffee 12 oz. $4.00

Flavored Seltzers – unsweetened $2.00

Bottled water $1.50

LUNCH:

Pumpkin Lentil Soup (GF) 16 oz. $8.00

Asparagus & Sun–dried Tomato Quiche: organic sprouted spelt crust, w/potato salad on the side **$15.00**

Roasted Vegetables on Garlic Mashed Potatoes: Brussels sprouts, mushrooms, shallots on our mashed potatoes. Light gravy on the side.
(GF) $15.00

Nicoise Salad w/Mock (Chickpea) Tuna, on organic greens, green beans, baby red potatoes, cherry tomatoes, artichoke heart, Kalamata olives. House made Ranch dressing on the side. **(GF) $14**

Seitan Corned "Beef" Reuben Sandwich on rye, cashew cheez spread, sauerkraut, our Russian dressing. $14.00

Desserts: all made w/no cane sugar, organic whole grain oat flour, except where spelt is used:

Organic Carrot Cake by the slice (GF) with pineapple, pecans, raisins. Agave-sweetened, no oil $8.00

Pear Cranberry Upside Down Cake by the slice (GF) $5.00

Pumpkin Mini-Pie in organic oat flour crust (GF) $8.00

Pecan Tart (GF) $8.00

Organic Apple Hand Pie (organic sprouted spelt crust) $8.00

Add-ons for our regular weekly customers:

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

Red Pepper Hummus Plate w/Black Bean & Mushroom Tapenade: two dips with fresh veggies and "Seeds & Grains Crispbread". (SF, no oil. Walnuts in tapenade) For GF, we have GF crackers. $15.