THANKSGIVING 2026 MENU

The Entree is **Roasted Kabocha Squash stuffed with Sausage & Cornbread Stuffing**. I make the organic cornbread for the stuffing from scratch: GF, whole-grain, no added fat, and our delicious sausage – GF & no added fat (pinto beans, oat flour & seasonings). This is delicious topped with the **Shallot Mushroom Gravy**. One organic kabocha squash weighs at least 2 lbs, and with the stuffing, yields 2 servings. You may also order additional containers of stuffing. This is SOS-free and soy-free.
1 full squash w/stuffing $36. (2 servings). ½ squash w/stuffing $20.
Additional 16 oz container of stuffing $10 (our soup-size container)

White Wine Shallot Mushroom Gravy, made w/o fat. (Oat milk base) GF 16 oz containers. Flavored with sage and thyme. I begin by making vegetable broth from scratch. (Can be ordered w/o mushrooms). **16 oz $12 (our soup-size container)**

Garlic Mashed Potatoes: Yukon Gold & white sweet potatoes for a rustic texture. The garlic is all steamed and so very mild - I will mix oat milk and nutritional yeast with the potatoes – NO oil or margarine. (You may add your own if you wish :) **Our soup-size container–serves 2, $13**

Sweet Potato Casserole Baked orange sweet potatoesa mashed, mixed with pineapple & pecans, and topped with vegan marshmallows. **This will come in a 6" x 4" oven-safe container for easy re-heating $12 (enough for 2 to 4 servings)**

Green Bean Casserole fresh green beans in a mushroom, onion, garlic, & herb sauce, baked and topped with breadcrumbs & toasted almonds. This will come in a 6" x 4"oven-safe container for easy re-heating. $12 (enough for 2 to 4 servings)

Fresh Cranberry Sauce w/crushed pineapple, fresh orange and apple. Gently sweetened w/agave**. 16 oz containers (our soup-size containers) $14**

Alternate entrees:

Vegan Beef Wellington

Chickpeas, mushrooms, walnuts, quinoa, onions, minced red bells, herbs & seasonings combine for a loaf baked in puff pastry. An entire loaf is 8 – 12 servings (soy-free, no oil added to the loaf; fat is in the puff pastry, which is not GF). Includes 16 oz Mushroom Gravy $55.
OR
Single serving, with gravy, and garlic mashed potatoes, and cranberry sauce, served in our regular entrée container $20 (For GF, you could take the crust off

the outside of the Wellington. Although I found a GF puff pastry, it contained egg ☹

Millet Lentil Loaf. Our usual sprouted organic millet lentil loaf with basil, thyme, oregano and onion. The 9" x 5" loaf is at least 10 servings when sliced. $40.
The small loaf that many of you order is $14. (5" x 2.5")

Seitan Corned Beef (the whole loaf) This is what I make for the Reuben sandwiches. One of our "regulars" orders it and says it's so much better than seitan she has found in the store. It is delicious w/o gravy, but you could certainly put the gravy on it, and have it with the Garlic Mashed Potatoes, Brussels Sprouts, etc. The loaf serves 8. It also keeps well in the refrigerator for 2 weeks, and yes, you can freeze it**. $38 for the loaf.**

You may also order containers of our **Cashew Cheez Spread**, which is great on crackers, sandwiches, etc**. 4 oz or 8 oz containers. 4 oz $6./ 8 oz $10**

Black Bean Greek Olive Mushroom Walnut Tapenade, also excellent on crackers or veggies. This has been a favorite in my family since I started making it in the early '90's; my sister requested it for her wedding reception in the late '90's**. Our soup-size container $16.**

In 2019 PETA awarded Green Heart's Tofu Pumpkin Pie as one of the Top 10 Vegan Pumpkin Pies. But we all know that ALL the pies are yummy ;-)
In Los Angeles, my bakery provided the premium pies to Whole Foods & Wild Oats, among many other stores.

Silken Tofu Pumpkin Pie w/organic spelt crust. 9-inch deep-dish $35. If you need GF, I can make an oat flour crust – which is not a shaped pastry crust. There is no fat in the pumpkin filling; there is a small amount of coconut oil in the spelt crust (most fat is replaced with rice milk and the agave sweetener). The oat crust has no fat. **Also Pumpkin Mini-pies** (as I have each week at the farmers market) in spelt crust OR order with oat crust: **$8.**

Organic Apple Pie in organic spelt crust, lattice top. 9-inch deep-dish $36. *For a shaped GF crust (almond flour, rice flour, quinoa flour, rice milk, coconut oil, agave), add $5.

Pear Cranberry Upside Down Cake is delicious and beautiful. Made w/o any added fat, not too sweet**. 10-inch $35.**

Pecan Pie: organic spelt crust. 9-inch deep-dish **$40**.

GF Pecan Tarts: These can be individual size (5") as I have at the market **$8.00** Also, 9-inch or 11-inch. Prices TBD

Pumpkin Pecan Uncheescake: as in the photo; our tofu pumpkin uncheesecake decorated w/pecans around the top edge**. 6-inch $30 (serves 6). 10-inch $40 (serves 10). Please note the top can "crack" as there is no added fat – this is not a "flaw".**

Chocolate Pumpkin Uncheesecake. GF, no added fat. Silken tofu base for the chocolate mousse, which is spread on top of the (silken tofu-based) pumpkin uncheesecake. **6-inch $35 (serves 6) 10-inch $45 (serves 10)**

Thank you!