

# Healthy Gourmet To Go

**Organic, vegan, gluten free, plastic free Meal Delivery Co.**

12 Market St. Saugerties, NY ~ [info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162

Ready to Eat Meals Right to Your Door Tuesday or Wednesday (menu below)

Café Open for Curbside Take Out Monday and Tuesday 11-6 (call for menu)



## Menu April 13th (local) or 14th (not so local)

**9** dishes freeze well this week “F” on lid means the dish freezes well  
For weight watching folks check out the number of points noted after each dish

**“TV Dinner” Plate:** Walnut crusted baked tofu tenders served over delicious creamy potato salad with celery, radish, peppery arugula and peas tossed in a delicious fresh dill ‘sour cream’ dressing served with roasted Brussels sprouts 10 points per quart F and NUTS (walnut)

*A Yummy Testimonial:* “Thank you for making all of this delicious food!” Jane Rhinebeck, NY

**Very Veggie Plate:** Spaghetti squash infused with olive oil and basil topped with parsley walnut pesto, plus oven roasted zucchini wheels, carrot logs with dill and divine grilled sweet onions 3 points per quart F and NUTS (walnut)

**Tuscan Broccoli Soup:** Delicious white bean soup with onions, kale, basmati, tomato, olives and roasted broccoli garnished with walnut 'parma' and roasted garlic 4 points per pint F and NUTS (walnut in 'parma')

**Spring Pasta with Veggies:** Thai rice noodles smothered in Spring Pesto (mint, lemon, basil, kale, walnuts) topped with loads of green/red cabbage, carrot, kale slaw tossed in a stone ground mustard-carrot vinaigrette 5 points per pint NUTS (walnut)

**Lentils with Butternut Squash:** Brown lentils with capers, basil and sautéed onions topped with delicious chunks of oven roasted herbed butternut squash 4 points per pint F and Nut Free

*A Yummy Testimonial: "I hope you do not retire any time soon, but hopefully one day you will share your recipes in a cookbook." Janis Pleasant Valley, NY*

**Spring Mexican Salad:** Layers of deliciousness: quinoa with lemon and mint, avocado cubes, cumin pinto beans, cilantro pumpkin seed pesto and shredded greens ...divine On the Go! 6 points per pint F and Nut Free

**Tofu UNegg-Salad:** Yummy tofu UNegg Salad w. scallion, celery, red onion and 'mayo' with fresh dill 6 points per salad F and Nut Free

**Macaroni and 'Cheeze':** Fusilli brown rice pasta in a delicious, 'cheesiness' topped with 'cheddar cheeze' and house made breadcrumbs (no sage this week). Yum. 6 points per pint F and Nut-free

*A Yummy Testimonial: "...Roni, your bags last me a couple weeks at least. I'll be in touch when I run out. Your food is outstanding and I'm so glad I started doing this. Marcia" Waterford, NY*

**"Sausage - Pizza" Casserole:** Escarole, basil and green peas in a short grain brown rice casserole topped with basil cashew house made 'ricotta cheeze,' roasted cherry tomatoes and grilled 'sausage' ...6 points per pint F and NUTS (cashew)

**Chocolate Cake with Chocolate Cashew Cream and Candied Pecans** It's gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and NUTS (cashews/pecans)

**Add Extras Below to your Bag at Check Out**

## *Dressings, Smoothies, Cakes, Shots*

### **Dressing of the Week**

#### **Vegan “Sea” Caesar Dressing**

#### **AND ANY other Dressings on this week’s menu!**

Enjoy delicious salads all week long! Order a jar of our decadent, vegan “Sea” Caesar Dressing. Great on salads, veggies, grains, beans...yes, even on pasta!

\$15 per jar.....16 oz. mason jar

**A Yummy Testimonial:** “You truly need to find a bottler/distributor for that sea ceasar dressing, it wouldn't stay on shelves locally and I am glad it is back in my home.” Jane Esopus, N

### **Smoothie of the Week**

#### **Strawberry Peanut Butter Chocolate Chia Monkey**

Rice milk, banana, strawberry, freshly ground peanut butter, cocoa powder, chia seeds, flax seeds, vanilla...yum!

\$15/per 16 oz. mason jar



**A Yummy Testimonial:** “... Your smoothie was SOOOO good and SOOO nutritious that I had half of it at 5 PM after work and it gave me so much energy that I literally could not fall asleep until 2 AM! Amazing! I will order one again and will savor it for breakfast or before the gym. Everything was great. “ Gail Claverack, NY

### **Cake of the Week:**

#### **Chocolate Cake with Chocolate Cashew Cream and Candied Pecans**

\$7.00 per slice

**A Yummy Testimonial:** “I ate that whole chocolate cake yummy yummy I saved none for M. Thank you 🙏”. Rhoney Woodstock, NY

## Immune Boosting Shot of the Week

### Ginger - Turmeric Immune Shot

Fresh ginger juice with turmeric, lemon juice, black pepper and cayenne...a powerful anti inflammatory, digestive aid and immune boosting shot....great for staving off colds and cleaning out what ails you!

Each shot....2 ounces.

1 shot....\$5.00 ea. **or** 3 shots...for \$10.00 **plus ONE FREE**

**A Yummy Testimonial:** “Those ginger shots were amazing by the way 😊❤️” Julia Poughkeepsie, NY