

Healthy Gourmet To Go

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Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477
Delivering vegan meals to busy people for almost 30 years!



April 16/17 *Menu*

ALL 10 dishes freezes well this menu (dish has "F" on lid)

Korean Tofu Plate: Bokkeum-bap spicy quinoa with pickled scallion and cucumber, topped with crispy baked tofu plus side of sweet n sour (date sweetened) sauce with toasted sesame greens 8 points per quart F and NUTS (walnut)

Spaghetti n' "Meatballs" Plate: Well, sorta! Brown rice penne pasta with peas, sautéed onions and chopped olives tossed with parsley walnut pesto and topped with lentil/rice baked "meatballs" drizzled with tomato basil sauce (garnished with OR without house made herbed tofu "ricotta cheeze" 8/9 points per quart F and NUTS (walnut)

Coconut Curry Thai Vegetable Soup: Coconut curry broth simmered with vegetables (cabbage, carrots, onion, garnet yam, scallion, green peas), basmati rice and fresh basil 3 points per pint F and Nut Free

Italiano Dish: White beans with olive oil, sautéed onions and sage topped with crispy baked wild rice-mushroom timbale crumbles topped with a garlicky smashed red potato 5 points per pint F and Nut Free

Mexican Plantain Fritter: Baked sweet plantain fritter served over pinto beans topped with cilantro pumpkin seed pesto and blistered string beans 4 points per quart F and Nut Free

Souen Bowl: Short grain brown rice topped with tahini-oat sauce, tamari aduki beans and toasted sesame baby bok choy 4 points per pint F and Nut Free

Ratatouille n' Lentil Pasta: Stewed zucchini and onions with basil served over red lentil pasta garnished with walnut "parma cheeze" 3 points per pint F and NUTS (walnut)

Pad Thai Tofu n' Noodles: Baked tofu topped with peanut ginger sauce served over Thai sesame rice noodles garnished with roasted Brussels sprouts 5 points per pint F and NUTS (peanut)

Baked Indian Patty: Indian spiced chickpea, coconut basmati rice patty with toasted cashews, sautéed onion n' corn, served with kale salad and side of curry cream 7 points per jumbo patty F and NUTS (cashew)

Chocolate Cake with Raspberries and Salted Caramel: Rich, dark chocolate cake topped with vanilla infused raspberries and salted coconut caramel garnished with candied pecan bits 7 points per piece F and NUTS (pecans)