

Healthy Gourmet To Go

914-388-2162 to call/text your order
Or go online to order: HealthyGourmetToGo.com
Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477
Delivering vegan meals to busy people for 30 years!



April 2nd/3rd

Menu

9 dishes freezes well this menu (dish has “F” on lid)

Quesadilla Plate: Grilled brown rice quesadilla filled with melted “cheddar cheeze”, kalamata olives and spinach on bed basmati rice with sautéed onions and fresh thyme plus cumin sautéed broccoli rabe ’n cabbage with side herbed chimichurri sauce 6 points per quart F and Nut Free

Pasta “Bolognese” Plate: Delicious, hearty faux “meat sauce” served with brown rice penne pasta. Chunky, delicious sauce simmered with roasted tomatoes, chickpeas, portabella mushrooms, vegetables and fresh basil topped with house made walnut “parma cheeze”...delish! 8 points per quart F and NUTS (walnut)

Green Lasagna Soup: Kale, onion and pea soup garnished with brown rice lasagna noodles house made tofu “ricotta cheeze” and house made grated “mozzarella cheeze” 4 points per pint F and Nut Free

Indian Biryani Quinoa: Toasted cashews, raisins, caramelized onion and mint tossed with curry quinoa topped with turmeric roasted cauliflower 5 points per pint F and NUTS (walnut)

Wild 'n Crazy Salad: Hearts of Romaine topped with wild rice, roasted red beets, navy beans, grated carrots 'n black olives with side of herbed stone ground mustard dressing 4 points per quart F and Nut Free

Deconstructed Moussaka: Layers of brown rice, herbed lentils, sautéed eggplant, kale n' onions all topped with house made tofu béchamel cream with a hint of nutmeg and breadcrumbs 5 points per pint F and Nut Free

Pinto Fritter Fiesta: Delicious Mexican infused rice 'n pinto beans topped with Romesco roasted red pepper-almond sauce, marinated kale salad and a scrumptious baked plantain fritter 6 points per pint F and NUTS (almond)

Japanese Stew: Red lentils 'n brown rice simmered with bok choy, onions and kale finished with scallion, kabocha squash and toasted sesame 4 points per pint F and Nut Free

Chickpea “Crab cakes” : Grilled chickpea-artichoke heart-nori “crab cake” served over roasted red potatoes with side of caper dill “tartar” sauce 5 points per pint F and Nut Free

Oatmeal Raisin Cookies: Yum...oatmeal raisin cookies with pecans and chocolate chips with some chia seed thrown in for a bit of protein 5 points order F and NUTS (pecans)