

Healthy Gourmet To Go

Organic, vegan, gluten free, plastic free Meal Delivery Co.
12 Market St. Saugerties, NY ~ info@HealthyGourmetToGo.com ~ 914-388-2162

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

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



Menu for April 5 or 6

***F**...dishes freeze well this week in your Bag*

***F**...on the lid of your containers means the dish freezes well*

Roasted Delicata Squash Plate: Oven roasted delicata squash filled with wild n' brown rice stuffing, packed with toasted walnuts, rosemary and sautéed onions; side of kale almandine on bed of cannelloni white beans with olive oil and fresh sage 10 points per quart F and NUTS (walnut/almond)

***A Yummy Testimonial:** "Dear Roni, Another home run in the delicious food department. Thank you so much...Warmly, A and A" NY, NY*

Indian Plate: Red lentils infused with lemon and cilantro served with curried oven-roasted potatoes, turmeric oven-roasted Brussels sprouts and side of cilantro pumpkin seed pesto 10 points per plate F and Nut Free

A Yummy Testimonial: “Roni has been keeping us well-fed for the past several years and we never tire of her delicious and diverse menu selections of fresh and healthy vegan food. She does AMAZING things with simple, fresh organic ingredients. She's been a pleasure to do business with and we highly recommend her to as many people as we can. If you don't have the time or interest in cooking for yourself, her service is unparalleled in both quality and taste. Try it, you have nothing to lose and everything to gain, except weight!” Robin and Hank NY, NY

Tomato Minestrone y Fagioli Soup: Zucchini, kale and onion soup chock filled with tomatoes, peas, basil and Kidney beans with brown rice fusilli garnished with house made walnut ‘parma cheeze’ 5 points per pint F and NUTS (walnut)

A Yummy Testimonial: “That’s the best tomato soup I’ve ever had! Yum!” Melissa Kingston, NY

Jumbo Veggie Burger: Delicious baked jumbo burger packed with brown rice, kale, carrots, roasted cauliflower, roasted corn and sautéed onions topped with stone ground mustard-mayo and chiffonade kale 6 points per pint F and Nut Free

A Yummy Testimonial: “That tapioca pudding. OMG! It's so delicious that it's dangerous! xj” Joan Woodstock, NY

Macaroni and “Cheeze”: Fusilli brown rice pasta with delicious, ‘cheesy’ sauce topped with “cheeze,” breadcrumbs and grilled onions! Yum. 7 points per pint F and Nut-free

A Yummy Testimonial: “Hi Roni, I loved everything in my delivery! My fiancé (who is vegetarian transitioning to vegan) was especially blown away by the delicious mac & cheese. We both really enjoyed everything though! ...I am so grateful to have found this service... You are really an inspiration to me and I think your work is angelic! The animals thank you & so do I... Dannielle Poughkeepsie, NY

Super Sandwich: Grilled buckwheat flax bread stuffed with lemon-parsley chickpea hummus, grated carrots, kalamata olives, cucumber, tomato, stone ground mustard, lettuce and pickled red onions 7 points per sandwich Nut Free

Broccoli and “Cheeze” Tart: Baked herbed-oat-walnut crusted tart filled with tofu herbed house-made “ricotta cheeze” and tapioca “mozzarella cheeze” topped with sautéed broccoli and onions 9 points per quart F and NUTS (walnut)

A Yummy Testimonial: “Quiche is almost gone..even cold...mmmmmmmm.” Sara NP, NY

Coconut Curry Tofu Stew: Coconut curried tofu and basmati rice stew with sautéed mushrooms, onions, kale, and green peas with fresh chives 7 points per pint F and Nut Free

A Yummy Testimonial: “Thank you so much ! I love your tofu dishes ❤️ “ Sara Red Hook, NY

Kale Salad n’ Quinoa: Quinoa infused with toasted sunflower seeds and basil topped with marinated kale salad garnished with grated fresh beets. Quinoa is a delicious, nutty, highly digestible, high protein seed that acts like a grain. 4 points per pints Nut Free

Chocolate Cake with Strawberry Cashew Cream: Delicious rich dark chocolate cake with creamy strawberry cashew cream and chopped chocolate sprinkle. It’s gluten free, vegan, freezes well AND it’s delicious! Order extras! 6 points per piece F and NUTS (cashew)

A Yummy Testimonial: “Hi Roni, First, I’ll just say that the food is delicious. The chocolate cake didn’t last long in our refrigerator--so good...Thanks, Laura“ Stone Ridge, NY

ADD Extras to your Bag this week at check out.
Here are a few items you can add on:
Dressing, Smoothies, Sammies, Cakes, Shots

Sandwich of the Week:
Stuffed Grilled ‘Cheeze’

Scrumptious Grilled “Cheeze” Sandwich stuffed with avocado and kalamata olives (yum) on grilled flax-buckwheat bread

\$15 ...per sandwich (nut free)



Dressing of the Week

Vegan “Sea” Caesar Dressing

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 (cashew)

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, NY



Smoothie of the Week

Green Goddess Cashew Smoothie

Rice milk, bananas, kale, cashews, hemp seeds, lemon, dates, ginger, coconut oil, vanilla

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



A Yummy Testimonial: “... I had the smoothie, and it was delicious- thank you. So great for me to be able to give my family food without me having to do it all. Shabbat Shalom, Joanna” New Paltz, NY

Cake of the Week:

Chocolate Cake with Strawberry Cashew and Chocolate



\$7.00 per slice (cashew)

A Yummy Testimonial: “BTW, forgot to tell you that pumpkin cake was outrageous! I had to eat soy ice cream after just to calm down my taste buds! Manny” Montclair, NJ

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 1 FREE)

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

