

# Healthy Gourmet To Go

Compassionate Clean Cuisine to your door for 25 years and counting!

All: Organic, vegan, gluten free, ready-to-eat, plastic free and mostly soy free Delivery Co.  
12 Market St. Saugerties ~ [info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162 ~ Cafe open Mon./Tues.



## Menu for next delivery on August 16

7 dishes freeze well this week

**Standard Bag Menu below:** you get all 10 dishes below (pint/quart combo)

**Want a Family Bag?** you choose 6 dishes below (get all quarts)

See points after each dish as an ode to Weight Watchers

(Tons of farm fresh, organic veggies on the menu this week grown right here in the gorgeous Hudson Valley by our local organic farmer!)

**PLATE 1: “Bacon Cheeze Burger” Plate:** Baked pinto bean-jasmine rice burger packed with veggies and oven roasted garlic, topped with caramelized onions, roasted tomato and homemade cashew ‘mozzarella cheeze,’ with smoked coconut ‘bacon’ bits and side of chipotle-cashew mayo served w. carrots in dill sauce 9 points per quart F



**A Yummy Testimonial:** “Hi Roni, Yes everything was wonderful! Even my husband loved it and he is a big carnivore....” Barbara Hyde Park, NY



**PLATE 2: Pasta Primavera Plate:** Brown rice fusilli pasta loaded with wilted farm fresh kale and scallions, sweet green peas, fresh basil and capers topped with roasted sweet red peppers and walnut ‘parma cheeze’ 10 points per quart F

**A Yummy Testimonial:** “Jeannine and her family LOVED the food! Thank you so much! Erin” Poughkeepsie, NY

**MEXICAN DISH: Layers of Yumminess:** Delicious coconut jasmine rice w. toasted cashews and cilantro topped with avocado-spearmint-lime guacamole, shredded greens, marinated tomatoes and chive-walnut pesto....a delicious, low carb Grab n' Go meal! 5 points per pint



**A Yummy Testimonial:** "i just dread the thought of living without your goodies! please put me down for 8/9 delivery standard bag. thanks for all you do !! jeannie xo" Verplanck, NY



**SOUP DISH: Mulligatawny Cauliflower Soup:** Indian spiced cauliflower soup simmered w/ red lentils, sweet apples, lemon, garlic and cilantro 4 points per pint F

**A Yummy Testimonial:** "Hi Roni, Just want to say thank you for our amazing starter bag! We absolutely love the food and are so excited about this service. I think this will truly improve our quality of life during our busy work year by so so much! Ruth Rhinebeck, NY

**TOFU: Tofu UNegg-Salad n' Salad:** Hearts of Romaine topped with delicious tofu UNegg Salad chock full of scallion, red onion, celery and 'mayo' with fresh dill topped with tamari roasted sunflower seeds 6 points per salad



**A Yummy Testimonial:** "Hi Roni, We loved last week's bag! ...All the best, Carol" Red Hook, Brooklyn



**RATATOUILLE n' PASTA DISH: Vegetable Ratatouille n' Red Lentil Pasta:** Delicious sautéed zucchini, garlic, roasted tomatoes and sweet onions simmered with red peppers and fresh basil served with high protein red lentil pasta 4 points pint F

**A Yummy Testimonial:** "Thanks, Roni! Everything was delicious. We especially liked the lentil pasta dish - incredible pesto! ...Your service went a long way toward making a busy week at work at lot less stressful! Thank you, Kayleigh" Saugerties, NY

**QUINOA DISH: Cool Quinoa "Sea" Caesar:** Delicious high protein quinoa salad tossed with baby baby arugula, cucumber, carrots, tomato and toasted cashews in HGTG's creamy-delicious "Sea" Caesar cashew dressing 6 points per pint



**A Yummy Testimonial:** "...You've given me an easy way to eat healthy without much work. It's way easier for me to take care of the other people in my life than myself. I have to thank J. again for pointing me in your direction. I can truly feel the love you put into every dish. Can't wait to try more! Xoxo❤️a' Nita New Jersey

**STEW DISH: Italian White Bean Stew:** HGTG's favorite new stew...Creamy white cannelloni beans simmered with cabbage, capers and wild rice seasoned with roasted garlic and fresh basil YUM! 5 points per pint F



**A Yummy Testimonial:** "And we just had a very satisfying dinner - the pasta dish and coconut cake - it was amazing. We said grace and acknowledged our major gratitude for your amazing food. Thank you <3 Paulina" White Plains, NY



**PASTA DISH: Yummy Macaroni and 'Cheeze'**  
Penne rice pasta with delicious, 'cheesy' sauce topped with melted 'cheeze' 6 points per pint F

**A Yummy Testimonial:** "We had not had mac n' cheese in forever so that was a real treat for both of us, and very delicious.... Scott Wappingers Falls, NY

**DESSERT: Snickerdoodle Chocolate Cake w/ Peanut Butter Mousse and Peanut Brittle:** Dark, rich, fudge chocolate cake topped with creamy peanut butter mousse and sweet candied peanuts. It's gluten free, vegan, freezes well AND is delicious! Order extras...see below. 7 points per piece F ...(Please add \$5 to your order when subbing out dessert for additional DISH, or add \$10 for additional SALAD or PLATE)



**A Yummy Testimonial:** "HGTG's Snickerdoodle Cake! Fudge dark chocolate cake with peanut butter mousse and peanut brittle! Gluten free and vegan. Yes, it's as yummy as it looks!!!! And....good for you. Seriously. Allison" Saugerties, NY

**ADD Extras to your Bag this week...see below.**

*Dressing, Smoothies, Nutz, Cake, Shots*

*(Just let us know what you'd like and a paypal invoice will be sent with your total)*

**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 ~ Add one or more to your Bag of Specials!



**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

### Green Goddess Smoothie

Rice milk, bananas, kale, cashews, dates, lemon juice, ginger, young baby coconut, and vanilla

\$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

## Candied NUTZ of the Week:

### Candied Cinnamon Pecans.....YUM!

Pecans, maple syrup, cane sugar, cinnamon, sea salt

\$5.00/8 oz. container



**A Yummy Testimonial:** “Your cake was insanely good and those pecans rocked my world. More please!!” Luis W. Saugerties, NY

## **Cake of the Week:**

### **Snickerdoodle Chocolate Cake w/ Peanut Butter Mousse and Peanut Brittle**

\$7.00 per slice



## **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

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