

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 ~ 914-388-2162 ~ Cafe open Mon./Tues.

Menu for Delivery on August 28

7 dishes freeze well this week

Standard Bag Menu below: you get all 10 dishes below (pint/quart combo)...\$175

Want a Family Bag? you choose 6 dishes below (get all quarts...\$195)

See points after each dish as an ode to Weight Watchers



Japanese Plate: Short grain brown rice smothered in delicious carrot-sesame-ginger sauce served with sliced miso-smear baked tofu plus sautéed mixed greens 9 points per quart F and Nut-free *Want a jar of HGTG's delicious Carrot-sesame-ginger sauce? Buy one for \$15.00 and it will be delivered with your Bag.*

A Yummy Testimonial: "We just ate at Healthy Gourmet To Go's cafe in Saugerties, NY. We think it's the best vegan meal we have ever had! They deliver to NYC. Amazing staff and delicious meals!" Katrina NY, NY



Cauliflower Pizza n' Pasta: Summery pasta primavera-brown rice fusilli tossed with grape tomatoes, sautéed onions, kale, green peas and grilled zucchini topped with cauliflower crusted mini-pizza smeared with cashew-basil cheeze and pesto 8 points per quart F and NUTS in pizza *Want a jar of HGTG's delicious cashew-basil 'cheeze'? Buy one for \$20.00 and it will be delivered with your Bag.*

A Yummy Testimonial: "Thank you for all the yummy food... 😊 BTW - The Indian burgers were SO GOOD!"
Laura Williamsburg, NY

Apple-Walnut Kasha Salad: Yummy toasted buckwheat kasha filled with sweet fresh apples and toasted walnuts seasoned with a rich rosemary-stone ground mustard



sauce. Delicious as a cold Grab n' Go dish and also quite lovely heated...apples cook a bit. Both ways...a winner! 6 points per pint NUTS *Want a jar of HGTG's delicious Rosemary Mustard dressing? Buy one for \$15.00 and it will be delivered with your Bag. You can enjoy more salads throughout the week!*

Also available: "Sea" Caesar dressing...\$15/jar. Comes in reusable Mason Jars



Tuscan Tomato-Rice Soup: Roasted tomato, kale, caper, carrot, onions and basil soup speckled with jasmine rice garnished walnut 'parma cheeze' ...SCRUMPTIOUS served with our vegan Grilled Cheeze sandwich on our fabulous GF bread with tomato and 'cheddar cheeze'...want one?

THIS WEEK ONLY offering Grilled "Cheeze" sandwiches you can have delivered in your Bag because who doesn't love Tomato-Rice Soup n' Grilled "Cheeze"... add \$10 per sandwich 6 points per pint F and NUTS

Baked Zucchini-Potato Kugel: Crispy baked potato, onion, zucchini, rosemary kugel pie served with almond-roasted red pepper Romesco side sauce 8 points per kugel F and NUTS in sauce

A Yummy Testimonial: "Roni! Your Potato Kugel was fantastic! And we loved your pastas over the past several menus...all so great and healthy! Yum! Thanks. Love, Bob and Helena" NY, NY

Mexican Salad Layers: Creamy 'ranch' dressing layered with roasted corn, avocado-tomato-red onion-cilantro guacamole, shredded greens black bean pasta (bean only, no grain) and shredded 'cheddar cheeze' ...wonderful Grab n' Go summer dish! 7 points per pint Nut-Free



Asian Noodles n' Cucumber : Rice Thai noodles served with kale-sesame-cilantro sauce topped with pressed sesame cucumber and toasted pumpkin seeds...Another Grab n' Go dish nice cool or reheat n' eat! 7 points per pint F and Nut-Free

A Yummy Testimonial: "Roni, We couldn't be happier. I am already addicted to the unegg salad. The lentil soup - best I've ever had. The wild rice salad wonderful. And now having a little chocolate cake for dessert. It is all scrumptious! Thank you so much. Pat" Troy, NY

Thai Basil Curry-Chili: Red lentil chili with sautéed peppers n' onions, sweet potato, corn and kidney beans plus fresh tomato garnished with chives 5 points per pint F and Nut-Free



Chickpea UN-Tuna Salad: Chickpeas tossed with carrots, celery, pecans, raisins, red onion and fresh dill. This dish makes a great lunch for the kids young and old! Order 8 oz. containers for \$5.00 each. Toss one in a lunch box with cut up veggies, bread, crackers or lettuce leaves to 'roll your own'. 6 points per pint F and NUTS



Quinoa Kanten Cake: I used to make this delicious, healthful, sugar-FREE cake with couscous in the 1990's. Now there's the gluten-free version: refreshing,

delicious vanilla cinnamon quinoa kanten cake topped with fresh strawberries, peaches and blueberries. It's a meal, it's a dessert, it's sweetened *only* with apple juice, fruit and...it's delicious! 6 points per slice Nut-Free

A Yummy Testimonial: "The Quinoa Kanten Cake was so delicious. My husband is very fussy about unhealthy sweets, but I saved him 2/3rd's of the cake, as I knew he would love it. And he did! So, two thumbs up from the Guilderland squad :-). Thanks, Roni!" Laurie Schenectady, NY

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

Dressing, Smoothies, 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.



Yummy Testimonial: "You truly need to find a bottler/distributor for that sea Caesar 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

Raspberry Chia Chocolate Peanut Butter Monkey!

Rice milk, bananas, raspberries, cashews, freshly ground peanut butter, chia seeds 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

Cake of the Week:

Chocolate Cake with coconut cream and fresh fruit

\$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 PLUS....one FREE= 4 shots

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