

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



MENU

August 24 (local) or August 25 (not so local)

7 Dishes that freeze well have an “F” on lid

For weight watching folks check out the number of points noted after each dish

Pasta Puttanesca with “Chicken Parm Cutlet”: Brown rice fusilli pasta in delicious Puttanesca sauce with roasted tomatoes, olives, capers, and fresh basil topped with baked tofu “chicken parm cutlet” topped with walnut pesto and “mozzarella cheeze” 10 points per quart F and NUTS (walnut)

“Fish” Sticks Plate: Oven baked toasted coconut coated tofu “fish” sticks served with tri-color cumin slaw with roasted corn on the cob and side of caper-dill “tartar” sauce 10 points per quart F and Nut Free

A Yummy Testimonial: “Loving my first bag. The UNTuna was delicious. That was the first time I’ve ever had that and didn’t realize how much I missed tuna sandwiches. I also really

loved the “fish” sticks too, another first for me. And that dessert was scrumptious! All the food in that bag was so good and such a nice variety. “ Deana Hoboken, NJ

Chunky Vegetable Gazpacho: We’ve been doing fruity gazpacho but it’s tomato time so here’s our yummy, version. Chunky gazpacho with tomato, cucumber, carrot, onion, celery with lemon and fresh basil ...so refreshing! 1 points per pint F and Nut Free

A Yummy Testimonial: “This gazpacho is like a mouthful of pure health. It assimilates right into the cells of the mouth, it is so pure.” Sara New Paltz, NY

Indian Lentil Dish: Indian spiced red lentil dahl spiced with Indian spices, cilantro and corn served with turmeric oven roasted cauliflower florets 5 points per pint F and Nut Free

Kale Salad Bowl: Marinated kale salad with avocado, red onion, hemp and sunflower seeds plus sprouted Mung beans...yum! 3 points per bowl Nut Free

Roasted Potatoes n’ Lentils: Rosemary and olive roasted baby russet potatoes served with brown lentils with sautéed onions, kale and basil and 6 points per pint Nut Free

Cancun Mex Salad: Grilled sweet plantain fritter served over black bean salad tossed with cumin roasted corn, red pepper chunks, red onions and toasted pepitas (pumpkin seeds) with side of cilantro-lemon vinaigrette with shredded hearts of romaine 6 points per pint Nut Free

“Crab” Cakes n’ Quinoa:” Delicious grilled tofu-vegetable “crab” cake served with dollop of almond roasted red pepper Romesco sauce on bed of lemon basil quinoa 6 points per pint F and NUTS (almond in Romesco)

A Yummy Testimonial: “BTW, forgot to mention, those tofu "crab cakes" this week are a real winner. Both Anne Betty and I are devourers (is that a word?). Best, Manny” Montclair, NJ”

Pad Thai Noodles: Rice noodles smothered in peanut ginger Thai sauce (delicious hot or cold) topped grilled sweet onion rings and chopped peanuts 7 points per pint F and NUTS (peanuts)

A Yummy Testimonial: “Bury me in a vat of your Pad Thai and I'll be happy for the rest of my life! Kugel and UnEgg salad also terrific! ...” Carolyn New Baltimore, NY

Chocolate Cake with Chocolate Coconut Cream and Raspberries:
Dark, rich chocolate cake topped with chocolate coconut cream and Bourbon vanilla raspberries ...It's gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and Nut Free

Add Extras to your Bag at Check Out
Here are just a few samples below:
Dressings, Smoothies, Cakes, Shots

Dressing of the Week

Vegan "Sea" Caesar Dressing AND ANY of the other Dressings!

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

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, N

Smoothie of the Week

Sweet Strawberry Smoothie

Rice milk, bananas, strawberries, cashew, ginger, lemon, hemp seeds, coconut oil, dates and vanilla...yum!

\$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 Chocolate Cream and Raspberries

\$7.00 per slice



A Yummy Testimonial: “I ate that whole chocolate cake yummy yummy I saved none for M. Thank you 🙏”.
Rhoney Woodstock, NY

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**

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