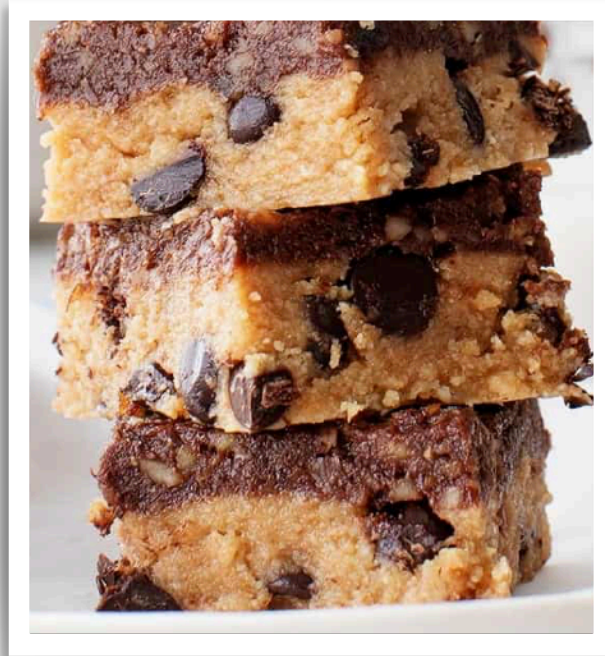


# Healthy Gourmet To Go

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Or go online to order: [HealthyGourmetToGo.com](http://HealthyGourmetToGo.com)  
*Vegan~Gluten Free~Organic Meal Delivery and Cafe*  
12 Market Street Saugerties, NY 12477  
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*Menu for:  
August 27/28th*

## ***MENU***

**9** dishes freezes well, have an *F* below  
and will have a circled *F* on the container lid

**“Fish” Sticks n’ Spuds:** Baked herbed tofu “fish” sticks served with mashed potatoes n’ peas garnished with blistered string beans and side of caper dill tartar sauce 8 points per quart *F* and Nut Free

**Chana Saag Plate:** Chickpea chana saag with spinach/kale served with coconut cumin basmati rice; side of apricot chutney and grilled sweet onions 8 points per quart F and Nut Free

**Baby Arugula Salad:** Baby arugula salad topped with grilled watermelon with pickled red onions n' pickled cucumber plus tofu basil "feta cheeze", black kalamata olives with side of reduced balsamic thyme vinaigrette 4 points per pint NUT

**Shredded "Chicken" n' Fusilli:** Delicious baked shredded (tofu) "chicken" topped with fresh basil pesto and roasted cherry tomatoes served over brown fusilli pasta with sautéed onions 7 points per pint F and Nut Free

**Mexican Pinto Stew:** Mexican spiced pinto/black bean stew with assorted vegetables (carrot, celery, onion, kale and green peppers) with basmati and fresh thyme garnished with cumin roasted pumpkin seeds 4 points per pint F and Nut Free

**Quinoa n' Roasted Beets:** Earthy, herbed quinoa tossed with sautéed onions, toasted walnuts and fresh rosemary topped with roasted whole baby beets drizzled with basil oil 4 points per pint F and NUTS (walnut)

**Baked Patty Italiano:** Red lentil n' brown rice patty with sautéed onion, broccoli rabe, basil and garlic baked to crispy perfection served with kale salad and side of walnut parsley pesto 6 points per jumbo patty F and NUTS (walnut in pesto)

**Pad Thai Noodles:** Thai rice noodles tossed with house made peanut Thai ginger sauce topped with tri color cabbage slaw garnished with chopped peanuts 6 points per pint F and NUTS (peanut)

**Mexican Plantain Party:** Baked/naturally sweet plantain fritters served over chipotle brown lentils topped with almond Romesco sauce and marinated-massaged kale salad 6 points per pint F and Nut Free

**Divine Dessert Bar:** No bake peanut butter, chocolate chip bars topped with chocolate walnut date topping. These babies freeze well and are delicious. 4 points per square F and Nuts (peanut/walnut)

