

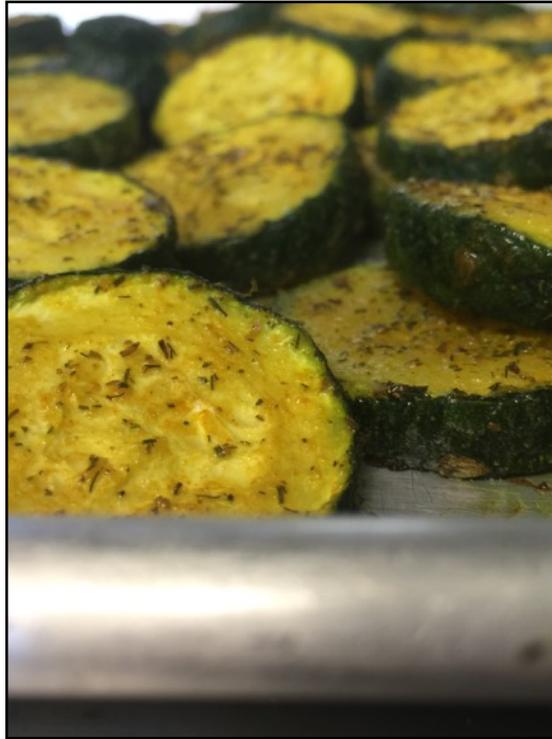
Healthy Gourmet To Go

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 3 (local) or August 4 (not so local)

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

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

“TV Dinner” Plate: Walnut crusted baked tofu tenders served over wild n’ brown rice pilaf with onions and parsley; plus side of creamy stone ground mustard dip and Italian baked broccoli 11 points per quart F and NUTS (walnut)

Veggie Plate: Turmeric roasted cauliflower; red beets with fresh dill n' olive oil; cumin cabbage and quinoa with lemon n' toasted sunflower seeds
5 points per quart F and NUT FREE

A Yummy Testimonial: "So last night I was going to eat "veg dish". Forgive me, but I really wanted a burger. But... So I opened the lid, first thing I saw was broccoli. I thought, "Shoot me now" then I tasted and well, y'know it was tasty. Then there were beets, oh yum, memories of my mom's cold borscht and then little bits of what? Sweet potato? Parsnip? Whatever, better than a burger actually. So expecting not so great I got heaven on a plate. Who knew? Went for a quarterly check, have lost 16 pounds and bp is 118/76. Lower dose of my meds. Thank you Roni :)" ML Riverdale, NY

Mushroom "R-arley" Soup: A delicious ode to Mushroom Barley soup...this one uses rice instead of glutinous barley. Yummy and packed with veggies, mushrooms, rice and fresh herbs 5 points per pint F and Nut Free

A Yummy Testimonial: "Roni, I had to let you know how much I enjoyed the Ode to Barley soup. I had it for breakfast this morning. It was the perfect thing to have on a day when there is a little nip in the air. I get to do it again tomorrow since I got two containers in the Family Style bag. I can't wait! Martin Ellenville, NY

Basil Onion Broccoli Fritters: Baked savory broccoli n' vegetable cakes with quinoa, chia, garbanzo and more) serve with shredded greens and creamy parsley walnut pesto side 5 points per pint F and Nut Free

Macaroni and 'Cheeze': Fusilli brown rice pasta with delicious, 'cheesiness' topped with 'cheeze' and house made sage breadcrumbs. Yum. 6 points per pint F and Nut-free

Cleansing Cooling Gazpacho of the Week: Creamy blended raw, cool, organic, refreshing soup filled with strawberry, corn, cucumber, mint, red onion, cilantro, basil, lemon, celery avocado and more...garnished with slivers of cucumber, hemp seeds and sprouts 1 point per pint F and Nut Free

A Yummy Testimonial: "Dear Roni, The fruit soup is fantastic. So glad I have two. What is absolutely amazingly delicious is the combination of the soup (room temperature) with a scoop of dairy free vanilla ice-cream. I couldn't resist telling you. Thank you so much. love, Diana" NY, NY

"Bolognese" Tofu Stew: Bolognese 'faux meat sauce' with delicious with tomatoes, chickpeas, mushrooms and fresh basil

simmered with tofu topped with dairy-free walnut 'parmesan cheeze'.
YUM! 6 points per pint F and NUTS (walnut in parma)

Warm (or Cool) Mexican Salad: Coconut-chive basmati rice layered with cumin-lime guacamole with cilantro and red onion; plus creamy pinto beans and marinated kale salad...a DELICIOUS, Grab n' Go meal! 7 points per pint F and Nut Free

A Yummy Testimonial: "...Wow, thanks! I just love the Mexican layers! My favorite thing so far!" Hillary Kerhonkson, NY

Divine Summer Potato Salad: Creamy red potatoes tossed with kale, cannelloni beans, roasted garlic, green peas, toasted walnuts and rosemary with stone ground mustard-mayo dressing (we can also prepare this with an olive oil dressing if you prefer...please mention when ordering! xoxo) 6 points per pint NUTS (walnut)

Apple Walnut Crumble: Sweet apples baked with cinnamon, oats, walnuts, chocolate chips and chia seeds topped with house made coconut "whipped cream" 6 points 12 oz. F and NUTS (walnut)

Add TONS of 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

Butter Pecan Chocolate Kale Smoothie

Rice milk, bananas, pecans, cocoa, kale, young coconut oil, hemp seeds, 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 Coconut Cream and Candied Nuts

\$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