

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 every Wednesday
Cafe' open for sit-down/take-out every Monday and Tuesday 11-6

Delicious Menu for 12/11



8 dishes freeze well this week “F” means- the dish freezes well
For weight watching folks check out the number of points noted after each dish

“TV Dinner” Plate: Baked walnut crusted tofu tenders served with side of cashew “Sea” Caesar dressing with a short grain brown rice, collard greens, sweet green peas and basil casserole 11 points per quart F and Nuts

A Yummy Testimonial: “Ronnie, thank you for the perfect food... Sincerely Magali” Woodstock, NY

Falafel Plate: Baked-not fried, delicious sweet potato-bean falafel served with quinoa tabbouleh spiked with cucumber, tomato, red onion, parsley and mint topped with chiffonade kale salad with sesame-lemon-basil sauce on the side 10 points per quart Nut Free

A Yummy Testimonial: “I am so grateful for this love filled yummy food in some trying times it is always such a comfort. Thank you !! Xoxo Sara” New Paltz, NY Thai Coconut

Curried Noodle Soup: Delicious coconut curried broth with mushrooms and onions served over Thai rice noodles garnished with red pepper, scallions and fresh cilantro 7 points per pint F and Nut Free

Assorted Veggies: Sweet butternut squash, roasted eggplant/onions and green cabbage drizzled with parsley walnut pesto 8 points per quart F and Nuts

Tofu UNegg-Salad: Yummy tofu UNegg salad filled with scallion, celery, red onion and 'mayo' with fresh dill NOT doing TOFU? We can swap Unegg for Untuna or a cafe stew...or add 1 or 2 of these to your Bag. 6 points per salad F and Nut Free

Indian Mini Quiche: Baked walnut-oat crusted quiche filled with curried garbanzo cream topped with curried roasted cauliflower, toasted cashews and fresh chives 6 points tart F and Nuts

*A Yummy Testimonial: "Food is great as usual. Thank you for cooking my dinners"
Patty Woodstock, NY*

Tex Mex Rice n' Beans: Black beans and white basmati rice with cilantro topped with sautéed sweet peppers, cabbage and onions 7 points per pint F and Nut free .

Ratatouille n' Pasta: Delicious stewed zucchini, roasted tomato, sweet onions and fresh basil ratatouille served brown rice fusilli pasta garnished with rosemary-walnut 'parma' ...yum! 5 points per pint F and Nuts

Potato Salad n' "Crab-cake": Potato n' broccoli/broccoli rabe salad w. stone ground mustard mayo, n' dill garnished with baby grilled tofu "crab-cake" bite 7 points per pint F and NUTS

A Yummy Testimonial: "Oh, that last package was very special and everything has been just so great. I absolutely loved the "uncrab" cake. Enjoy your week, Muriel" Castleton on Hudson, NY

Chocolate Cake with Chocolate Pumpkin Mousse: Dark chocolate cake topped with rich n' creamy chocolate-pumpkin mousse garnished with candied pecans 6 points per piece F and Nuts

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 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

House made hemp milk, bananas, kale, cashews, ginger, lemon, dates, flax seed, 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

Cake of the Week:

Chocolate Cake with chocolate pumpkin mousse and pecans

\$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