

# Healthy Gourmet To Go

**Organic, vegan, gluten free, plastic free Meal Delivery Co. and Catering**

12 Market St. Saugerties, NY ~ [info@HealthyGourmetToGo.com](mailto: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

## Menu 12/12 Delivery



**9** 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

**Acapulco Plate:** Baked sweet plantain bites served with coconut-cilantro jasmine rice and Calabacitas (stewed zucchini with Lima beans onions and corn) with side of mango, red onion/red pepper, avocado salsa 10 points per quart F

**Ratatouille n' Pasta Plate:** Delicious stewed zucchini, tomato, onion, red peppers and fresh basil ratatouille served with brown rice fusilli pasta topped with herbed cashew home made 'ricotta cheeze' 10 points per quart F

**Green Split Pea Soup with Dill:** Green split peas simmered with carrots, celery and garnet yams finished with fresh dill...delicious on a cold night with a chunk of bread! 5 points per pint soup F

**Hearty Kasha n' Potato Casserole:** Toasted buckwheat kasha casserole filled with potatoes and scallions topped with grilled sweet onions and stone ground mustard tahini dressing 10 points per piece F

**Macaroni and 'Cheeze'** Penne brown rice pasta with delicious, 'cheesy' sauce 6 topped with 'cheeze' and sage breadcrumbs! Yum. 7 points per pint F

**Coconut Curried Butternut Squash Stew:** Creamy butternut squash, apples and onions simmered with red lentils and roasted garlic in an Indian spiced coconut base garnished with fresh chives 4 points per pint F

**Zucchini Onion Walnut Muffin:** Scrumptious savory baked zucchini onion walnut muffins infused with fresh sage and roasted garlic...you get two. 3 points each F

**Tofu UNegg Salad:** Delicious cool tofu UNegg Salad filled with scallion, celery, red onion, 'mayo' and fresh dill... *Don't want SOY? Let us know and you can get chickpea Untuna instead. Want BOTH or an extra Unegg Salad ? Add \$10 to your total for an additional pint.* 6 points per pint F

**Savory Veggie Tart:** Oat-walnut herbed crusted baked tart filled with smashed carrots with fresh dill topped with sautéed sweet onions sprinkled with pesto baked chickpeas 5 points per tart F

**Tropical Coconut Tapioca Pudding:** Beware...this dish conjures up visions of the Bahamas while eating! The usual delicious, creamy and scrumptious coconut tapioca pudding, (even tapioca haters LOVE HGTG's pudding this time topped with crushed fresh pineapple and toasted coconut...YUM. 6 points per 12 oz. container F...(Get extras for \$7.00 each.

**On the Website on the *ORDER HERE* page choose your Standard or Family Bag. Then add extras to your cart: smoothies, cake, salad dressing and more!**

*Dressing, Smoothies, Cake, Shots*

## **Dressing of the Week**

### **Vegan "Sea" Caesar Dressing**

**Enjoy delicious salads all week long! Order a jar of our decadent, vegan "Sea" Caesar Dressing and keep in the fridge.**

**Great on salads, veggies, grains, beans...even on pasta!**

\$15 per jar.....16 oz. mason jar ~ Add one or more to your Bag of Specials!



**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, N

## Smoothie of the Week

### Raspberry Chocolate Chia Monkey

Rice milk, bananas, raspberry, cocoa, freshly ground peanut butter, chia seed, flax seed, young coconut oil and vanilla

\$15/per 16 oz. mason jar

**Yummy Testimonial:** "I relished every bit of the stew, smoothie and half of the tapioca pudding! Delicious! You're smoothie is far tastier than the one I had at \_\_. Much fuller flavor and so well balanced. I'm so glad to know you are open later than I thought.... Elana" Kingston, NY

## Cake of the Week:

### Chocolate Cake with Chocolate Frosting

\$7.00 per slice

**Yummy Testimonial:** "Your cake was insanely good and those pecans rocked my world. More please!!" Luis W. Saugerties, 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 (and one FREE=4)...for \$10.00

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