

Healthy Gourmet To-Go

Conscious Gourmet Meals You Don't Have to Cook!

25th Year Anniversary ~ Weekly Meal Delivery Company



All: Organic, Vegan, Gluten Free Meals
Packed in plant-based containers. Ready to eat and right to your door.
info@HealthyGourmetToGo.com
914.388.2162
Cafe Open Mon/Tues. 11-16 12 Market St Saugerties, NY

Next Delivery: Wednesday Dec 6

Standard Bag ...get all dishes below in quart/pint combos...for \$155
Family Bag...you choose 6 of the 10 dishes below and get all quarts...for \$165
8 dishes freeze well "F" this week
Points are an ode to **Weight Watchers** for those of you 'watching'
First Delivery? Please contact us before ordering online to set up your account



PLATE 1: "TV Dinner" Plate: Walnut crusted baked tofu tenders served with roasted garlic-olive oil infused rosemary smashed potatoes served with marinated baked zucchini and side of brown herbed gravy 10 points per quart F

A Yummy Testimonial: "Everything looks wonderful and thank you so much! I definitely needed your help to stay healthy and comforted. I am really glad I found you. ❤️ Lynne" Kingston, NY

PLATE 2: "Sausage" n' Pasta Plate: Delicious brown rice fusilli pasta with sweet green peas, wilted kale, capers, fresh basil and roasted garlic topped with delicious house made white bean-fennel 'sausage'...yum! 13 points per quart F



A Yummy Testimonial: "I eat most of your food cold right out of the container! Except for pasta dishes that get real yummy and gooey when heated. xoxoxSara" New Paltz, NY



SOUP DISH: Leek, Onion n' Sweet Potato Soup: Sautéed leeks, garlic and onions simmered with sweet potatoes, apples and quinoa in a coconut curried broth garnished with crispy baked sage 3 points per pint F

A Yummy Testimonial: "Thank you for making such wonderfully delicious food! Warm regards, Irene VV Cold Spring, NY

SALAD: “Sea” Caesar Salad: Hearts of romaine lettuce topped with toasted cashews, carrots, kalamata black olives, marinated tomatoes, cucumber and HGTG’s delicious, creamy, addictive ‘Sea’ caesar salad dressing 6 points per quart **Want a jar of HGTG’s “Sea” Caesar dressing? Add one to your Bag for \$15.00.** Then you can enjoy more salads throughout the week! It comes in a reusable 16 oz Mason Jar. 5 points per salad



A Yummy Testimonial: “...you are slowly turning me into a vegan... i never knew vegan food could taste so good! Kristen”
Delmar, NY



KITCHARI DISH: Indian Cleansing Stew: *Clean out after the holiday with this divine stew!* Mung beans, short grain brown rice, carrots, parsnips, cabbage, garnet yams and sweet onions, plus tons of healing garlic, ginger, curried spices and cilantro.... *This stew has NO salt and NO oil...and it's SO delicious, satisfying, healing and SO good for you. This ancient cleansing stew can be eaten all day long for 2 or more days in a row, so order extras!*

If you'd like to do a Kitchari Cleanse for the week we can tweak your Bag so you'll have enough for as many days as you'd like OR simply add a few pints of Kitchari to your Bag...let us know when you order 5 points per pint F

A Yummy Testimonial: “The kitchari was great, my kitchari is usually on the bland side, yours is so flavor-full and hearty. I think I am a fan of the ginger shots, the morning is definitely a nice time to drink them - thanks for the advice. THANK YOU :) Kimberly”
Red Hook, NY

BURGER DISH: Tuscan Lentil Burger: Jumbo Italian burger with brown lentils and jasmine rice packed with roasted garlic, mushrooms, sun-dried tomatoes, onions, scallions and fresh basil 5 points per burger F



A Yummy Testimonial: “Oh Roni, could I use some deliveries of your wonderful vegan food! It helped me kick diabetes 10 years ago... Bill” Seattle, Washington



MEXICAN DISH: Tex Mex Layers of Yumminess: Chipotle pinto beans layered with guacamole, marinated tomatoes, cilantro-pumpkin seed pesto and shredded greens...a delicious, low carb, filling, Grab n' Go meal!

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

VEG DISH: Veggie Love: Butternut squash with sage, carrots with fresh dill, sweet red beets w. garlic, and seasonal greens...yummy, low cal, low carb and delicious to enjoy as is or with any other dish in your bag 4 points per pint F



A Yummy Testimonial: “Have a wonderful thanksgiving Roni. I'm sure there are many people that will be giving thanks for you and your talent! Enjoy the week off. elaine' Danbury, CT.



RATATOUILLE DISH: Chickpea Ratatouille n’ Pasta: Delicious stewed zucchini, tomato, onion, red peppers and chickpeas garnished with basil served with brown rice penne pasta garnished w. rosemary ‘parma’ 5 points per pint F

A Yummy Testimonial: “Hi Roni,...do you have any **RATATOUILLE** left over from last week’s menu where we can possibly order seconds? It was amazingly delicious!” Jeanette Kinston, NY

DESSERT: Snickerdoodle Chocolate Cake w. Peanut Butter Mousse and Peanut Brittle: Dark, rich, fudge chocolate cake topped with creamy peanut butter mousse topped with sweet candied peanuts— It’s gluten free, vegan, freezes well AND it’s delicious! Order extras! 7 points per piece F (Please add \$5 to your order when subbing out dessert for additional DISH, or add \$10 for additional SALAD or PLATE)



A Yummy Testimonial: “Just had the chocolate cake. I floated away on a freakin' chocolate raspberry dream about rainbows and unicorns! Roni's vegan world is a kind and beautiful one.” Larry West Saugerties, NY

ADD Extras to your Bag this week...see below.

Dressing, Smoothies, Nutz, 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 of Specials!

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

Rice milk, bananas, kale, cashews, lemon juice, ginger, hemp seeds, dates 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:

Snickerdoodle Chocolate Cake

\$7.00 per slice or whole cakes 1-2 layers available. Call for prices.



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

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