

Healthy Gourmet To Go

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Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477
Delivering vegan meals to busy people for almost 30 years!



Compassion for ALL beings every meal of the day!

Dec. 6th or 7th Menu

*8 dishes freeze well this week.
See "F" on lid for freezable dishes.*

Ethiopian Plate: Inspired by the delicious vegan Thanksgiving my BFF and her family prepared for us this holiday: Red lentil Misir Wat simmered with Berbere spices served with teff Injera Ethiopian bread pancakes plus Tikil Gomen- cabbage and carrots simmered with ginger and turmeric on bed of coconut brown rice 10 points per quart F and Nut Free

A Yummy Testimonial: *"Oh my goodness, everything was so delicious. Do you deliver to Westchester?" Antoinette Hartsdale, NY ...YES we do. Every week!*

December Pasta Plate: Roasted butternut squash served with brown rice penne, sautéed onions n' broccoli rabe, tofu "ricotta cheeze," fresh basil and toasted walnuts 12 points per quart F and NUTS (walnut)

Tuscan Tomato Rice Soup: Escarole, kale, roasted tomatoes, carrots, celery, onion and jasmine rice simmered with fresh basil topped with house made walnut "parma cheeze" 5 points per pint F and NUTS (walnut)

A Yummy Testimonial: *“Just wanted to tell how you delicious it is. I love tomato rice soup and this is one of the best I've had...” Beth NY, NY*

Thai Peanut Chopped Salad: Lovely fresh salad you can toss with delicious house made peanut ginger Thai dressing. Loads of chickpeas, red cabbage, scallion, grated: carrots, zucchini and beets plus pickled red onion with side of dressing and garnished with chopped peanuts 3 points per pint NUTS (peanut)

Spaghetti Squash n' Kale Salad: Italian seasoned spaghetti squash with sautéed onions and fresh thyme topped with kale salad in a basil vinaigrette 3 points per pint F and Nut Free

A Yummy Testimonial: *“It has all been supremely delicious- thank you so much!! I just had the burger today and finished off the pumpkin chocolate cake. I really enjoy the untuna salad and my husband likes the unegg salad a bunch. I'm so happy our friends found somewhere local to send us the gift certificate to so that we got to try so many of your dishes!” Kristin Woodstock, NY*

Quinoa n' Cabbage: High protein quinoa, tossed with sautéed red/green cabbage, along with toasted pecans and fresh rosemary...delicious dish hot or cold! 5 points per pint F and NUTS (pecan)

Mexican Layers: Luscious layers of sesame-cilantro infused Mung beans topped with avocado cubes tossed in almond-roasted red pepper Romesco sauce plus shredded greens and baked plantain fritter... delicious, filling, Grab n' Go meal! 7 points per pint NUTS (almond)

A Yummy Testimonial: *“This week's menu looks amazing! ...You know we are suckers for the Mexcian layers dish- so amazingly creamy and bright, filling and healthy. It's a family favorite! Joelle Yonkers, NY*

Veggie Stew: Butternut squash, garnet yams and carrots plus onions, cabbage n' kale simmered with yellow split peas garnished with fresh basil topped with oat-walnut crumble 5 points per pint F and NUTS (walnut)

A Yummy Testimonial: *“Everything looks amazing! I had some of the Lentil Stew with a bit of the dessert...so good! I can't wait to try all the other stuff.” Angie Westchester, NY*

Jumbo Indian Burger: Baked jumbo burger with lemon-curry chickpeas and coconut jasmine rice, roasted corn n' toasted cashews plus fresh cilantro topped with curry cream and grilled cabbage 8 points per burger F and NUTS (cashew)

Chocolate Cake with Chocolate Pumpkin Mousse: Dark chocolate cake topped with rich n' creamy chocolate-pumpkin mousse with candied pumpkin spiced pecans...yum! 6 points per piece F

A Yummy Testimonial: *“Wow, the chocolate cake is a keeper! The cake itself is so delicious and moist, the topping is so amazing and the candied pecans - fantastic! Wow!!! Yum!!! Xoxo!”*
Cynthia Poughkeepsie, NY

Add yummy extras to your Bag at check out:

- Double up on any of this week’s dishes
- “Sea” Caesar-the cashew *everything* dressing
- Untuna salad
- Immune shots w. Ginger, lemon, cayenne, black pepper
- Smoothie of the week
- Quesadillas
- Stuffed grilled “cheeze”

A Yummy Testimonial: *“Yay for a quart of your delicious Untuna salad - soooo freaking good!”* Danielle Greenwood, NY

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

A Yummy Testimonial: *“I love my “bug catcher” so much. I used to turn a plastic cup onto them and slide a piece of cardboard under end lift off and bring outside. This is so much easier!! 🤔”* Corinne Newburgh, NY