

# Healthy Gourmet To Go

Compassionate Clean Cuisine to your door for 28 years and counting!

All: Organic, vegan, gluten free, ready-to-eat, plastic free  
12 Market St. Saugerties ~ [info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162 ~ Cafe open Mon./Tues.



## Menu for Delivery 12.7 and 12.8

**9.5** dishes freeze well this week (F on the container lid means the dish freezes well)  
See points after each dish as an ode to Weight Watchers

**Pasta “Bolognese” Plate:** Delicious, hearty bolognese “faux meat sauce” served with brown rice fusilli pasta. Chunky and delicious sauce simmered with roasted tomatoes, chickpeas, portabella mushrooms, vegetables and fresh basil topped with house made dairy free-walnut “parma cheeze” ...delish! 14 points per quart F and NUTS (walnut in “parma”)

***A Yummy Testimonial:** “...You’re a gift, a woman with a mission! The beautiful meals have been so important in nourishing me while I slave away at my computer during my busiest time of year! Such a wonderful value too- while a bit of a splurge for me, I get so many meals (and am stashing away in the freezer!) Thanks! 🙏❤️”. Laurie Nyack, NY*

**“Crab-Cake” Plate:** Smashed potatoes with chives n’ peas topped with baby grilled tofu, veggie, breadcrumb “crab-cakes” side of caper dill ‘tartar’ sauce and turmeric roasted cauliflower 12 points per quart 1/2F and Nut free

**Tuscan Tomato Rice Soup:** Kale, roasted tomatoes, vegetables simmered with brown rice garnished with fresh basil topped with house made walnut “parma cheeze” 5 points per pint F and NUTS (walnut in “parma”)

**Pad Thai Rice Noodles:** Creamy ginger peanut (freshly ground peanut butter) Thai sauce tossed with rice noodles topped with cumin kale garnished with chopped peanuts 7 points per pint F and NUTS (peanut)

*A Yummy Testimonial: "...If you've never had her food, you are seriously missing out! Every single thing I've eaten from Healthy Gourmet To-Go has been delicious! And for you busy people out there, she delivers. Pretty amazing stuff." Riley Kingston, NY*

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

**Broccoli n' "Cheddar" Quiche:** Baked walnut-oat crust filled with creamy garbanzo and cheddar filling with sautéed broccoli 8 points per large slice F and NUTS (walnut)

*A Yummy Testimonial: "Whether you're a vegan or have no idea what that means, Roni's creations will convince you that this style of eating is worth pursuing. I love to cook. I also love that I can take a break and have a great tasting, healthy cooked meal from a source I trust. That means so much. So happy that Healthy Gourmet To Go found its home in my area and that I found it! Thank you Roni. You are appreciated!" Michele Purling, NY*

**Orange Dish:** A mix of super healthful orange deliciousness that supports the immune system: butternut squash with thyme, garnet yams with rosemary and carrots with dill 4 points per pint F and Nut Free

*A Yummy Testimonial: "We love you ... our hearts are filled with enormous love and gratitude for you and all at HGTG... when we think of you, sweetie, every day is Thanksgiving Day...XOXOXO". Carol and Dale Saugerties, NY*

**Thai Tofu n' Quinoa:** Crispy baked tofu with chopped peanuts n' lime served over coconut basil quinoa with cilantro ginger sesame sauce 6 points per pint F and Nut Free

**Guatemalan Stew:** Delicious black and pinto bean stew with short grain brown rice, corn, onions and yam with a chipotle kick topped with grilled sweet peppers (or not if you're not doing nightshades) and chives 5 points per pint F and Nut Free

**Chocolate Cake with Raspberry Chocolate Cream** 7 points per slice F and Nut Free  
...OR...

**Chocolate Chip Pumpkin Cake with Coconut Cream** 7 points per slice F and Nut Free Choose which slice of deliciousness you'd like this week and let us know, if not, it'll be a yummy surprise

*A Yummy Testimonial: "The faux bolognese was REALLY delicious! Loved the Pad Thai too. Of course devouring the chocolate cake! xj" Joan Woodstock, NY*

**Here are a few extras you can add on:**

## *Dressing, Smoothie, Sandwich, Cake, Shot*

### **Sandwich of the Week: *Stuffed Grilled ‘Cheeze’***

Scrumptious Grilled “Cheeze” Sandwich stuffed with avocado and kalamata olives...yum. On grilled flax-buckwheat bread

\$13 ...per sandwich (nut free)



### **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 (cashew)



**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 Cashew Blast***

Rice milk, bananas, kale, cashews, dates, ginger, lemon, hemp seeds, flax seeds, coconut oil and vanilla

\$15/per jar ...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 ...OR... Pumpkin Chocolate Chip Cake***



*\$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 (nut free)

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