

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
Café open for sit-down/take-out every Monday and Tuesday 11-6



Menu for 2/12/20 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

Roman Plate: Rosemary olive oil Yukon potatoes served with crispy baked zucchini ‘fries’ with house made cashew basil ‘ricotta cheeze’ served on bed of cannelloni beans n’ broccoli with roasted garlic 13 points per quart F and Nuts

A Yummy Testimonial: “I feel that Roni’s food and home delivery is one of the best things in the Hudson Valley”.
Sara New Paltz, NY

Bombay Plate: Grilled chickpea-onion-tomato chapati pancakes with Indian red lentil dahl infused with sweet corn and kale plus cumin roasted red cabbage and side Turkish apricot-onion chutney 12 points per quart F and Nut Free



A Yummy Testimonial: “I really like the TV dinners and crab cake dinners. Can you please do more of those? Thx. Becky” Dunellen, NJ

Tuscan Tomato-Rice Soup: Roasted tomato and rice soup with vegetables and fresh basil topped with walnut-thyme “parma cheeze” 5 points per pint F and NUTS

Greek Salad: Hearts of Romaine lettuce topped with minty quinoa, marinated tomato and red onion, plus toasted walnuts, kalamata black olives and herbed Greek stone ground mustard carrot dressing 6 points per quart Nuts

A Yummy Testimonial: “Congratulations on the article, [Roni Shapiro](#) of [Healthy Gourmet To-Go!](#) 🙌 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 L. FB post”

Asian Thai Basil Noodles: Rice noodles in a Thai sesame basil-ginger kale sauce topped with marinated pressed sesame cucumber salad sprinkled with toasted sesame seeds 6 points per pint Nut Free

A Yummy Testimonial: "...My son LOVED the Asian noodles. I didn't even get to taste them." Rachel Mohegan, Lake, NY



Mexican Layers of Yumminess: Guacamole layered w. shredded greens, marinated tomatoes, cilantro pumpkin seed pesto, coconut black beans and sweet potatoes...yum! 7 points per pint Nut Free

Broccoli and 'Cheddar Cheeze' Tart: Baked herbed walnut-oat crusted tart topped with sautéed broccoli n' onions with 'cheddar cheeze' garnished with parsley walnut pesto 9 points per quart F and Nuts



Coconut Curried Tofu Stew: Coconut curried tofu and basmati rice simmered with butternut squash, carrot, sweet potato and green peas with fresh basil 7 points per pint F and Nut Free

Chipotle Mexican Lentils: Chipotle infused green lentils (or you can get them mild...your choice when ordering) topped with assorted sautéed sweet red/yellow/orange peppers and onions 5 points per pint F and Nut Free

A Yummy Testimonial: "Bury me in a vat of your Pad Thai and I'll be happy for the rest of my life! Kugel and UnEgg salad also terrific! ..." Carolyn New Baltimore, NY

Chocolate Cake with Coconut "Whipped Cream" and Strawberries: Yummy chocolate cake topped with coconut "whipped cream" and smashed strawberries. You won't believe its gluten free...but it is and freezes well too. 6 points per piece F and Nut Free

Add extras to your cart:

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, NY

Smoothie of the Week

Blueberry Blast

Rice milk, bananas, blueberries, cashews, dates, ginger, hemp 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 Coconut “Whipped Cream” and Strawberries

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