

Healthy Gourmet To Go

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

12 Market St. Saugerties, NY ~ 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

February 13th Menu



“F” means: the dish freezes well

All 10 dishes freeze well this week!

For weight watching folks check out the number of points noted after each dish



Eggplant “Parm” n’ Pasta: Delicious baked eggplant ‘parmesan’ topped with tapioca ‘mozzarella cheeze’ and fresh basil-roasted garlic infused tomato sauce served over brown rice penne pasta n’ vegetables... you loved this so here it is again! 11 points per quart F

Veggie n’ Muffin Plate: Delicious oven roasted Brussels Sprouts served with green cabbage in **turmeric**-lemon sauce; plus rosemary garnet yams all topped with baked savory sage n’ carrot, pecan muffin with side garlicky tahini-chive sauce P.S. **Turmeric** is so good for relieving inflammation in the body. Add a 1/4 tsp dry turmeric powder to some boiled water. Add a squirt of fresh lemon juice, a sprinkle black pepper, and even a dash of cinnamon. It’s an alkalizing tea your body will love (plus it’s a calming too). 9 points per quart F

Coconut Curried Veggie Soup: Delicious low cal, low carb n’ hearty vegetable soup you can live on! It’s packed with veggies and high protein red lentils plus: kale, sautéed onions, carrots, parsnips, butternut squash, roasted garlic and fresh basil. P.S. Enjoy this daily for breakfast or any time....order extras! 3 points per pint F

Tofu Quinoa Bowl: High protein sesame quinoa served with umeboshi kale salad, tamari oven-roasted tofu, carrot-ginger sesame sauce and nori strips 5 points per pint F P.S. **Ginger** is so good for you. It helps flush toxins from your liver, decreases body fat and is good for your nerves. Make a quick soothing tea: Steep a 1/2” slice of ginger in boiled water for 10 mins and have some **Ginger tea** any time of day to help your frazzled nerves and maybe even for an upset tummy!



Jumbo Bombay Burger: Baked jumbo burger filled with curried chickpeas, jasmine rice, toasted cashews, roasted corn and fresh cilantro served with cashew-cucumber 'raita' cream 7 points per jumbo burger F

Pad Thai Noodles: Delicious Thai peanut-ginger sauce tossed with rice noodles topped with marinated sweet red onion-cilantro-chopped peanut salad 7 points per pint F

Ibiza Bean Stew: Delicious, hearty and warming cannelloni bean stew simmered with Yukon gold potatoes, kalamata olives, capers, cabbage, kale, sautéed sweet onions, roasted garlic, escarole, broccoli and fresh basil...soooo good! 5 points per pint F



Zucchini Stuffed Mushroom: This dish gets baked by YOU! A delicious huge, seasoned portabella mushroom is stuffed with sautéed zucchini n' onions, short grain brown rice and fresh basil plus roasted garlic topped with delicious walnut-sage topping. You simply bake to perfection for a divine dish and enjoy in 10-20 mins...however you like your mushroom cooked. Love raw mushrooms? Don't cook it at all! Yum! 6 points per shroom F

Chickpea 'UNTuna' Salad: HGTG's divine UNTuna makes a great holiday dish so order extra quarts or 1/2 tray pans and freeze! Chickpea salad packed with celery, pecans, raisins, fresh dill, red onion, carrots, and 'mayo' P.S. Healthful **Dill** settles your stomach and can neutralize carcinogens! Plus **Celery** is a superfood with TONS of antioxidant and anti inflammatory properties. Grab a bunch at the health food store! Cut off the bottom, stand up in a bit of water, cover and keep on hand for massive munching all week long. All that crunching and hydration will help satisfy cravings too! Plus, it's a great way to eat the Untuna! 7 points per pint F



Chocolate Cake Valentine Style: Dark, rich, fudge chocolate cake topped with house made raspberry-coconut 'whipped cream' and chocolate heart drizzle! YUM! . This dessert is gluten free, vegan, freezes well AND delicious! Order extras to keep in the freezer! 6 points per piece F

Order online: choose a Standard or Family Bag on the ORDER page.

You can add extras to your cart: smoothies, cakes, salad dressings, etc.

Dressings 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

Green Cashew Goddess

Rice milk, bananas, kale, cashews, (dates or no dates), hemp seeds, flax seeds, young coconut oil, ginger, lemon juice 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 with Chocolate Raspberry Coconut cream and chocolate drizzle

\$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 Shots

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

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