

Healthy Gourmet To-Go

Conscious Gourmet Meals Without You Lifting a Finger!

25th Year Anniversary ~ Vegan Weekly Meal Delivery Co

All: Organic, Vegan, Gluten Free Meals made w. love in our gluten free, vegan facility
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, February 14 Valentine's Day** ♥

The **Standard Bag** ...get all dishes below in quart/pint combos...for \$175
The **Family Bag**...you choose 6 of the 10 dishes below and get all quarts...for \$195

9 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: Green Pasta Cupid Plate: Delicious basil, kale n' sage pesto tossed with fusilli brown rice pasta topped with oven roasted zucchini garnished with roasted mushroom bits 13 points per quart F

A Yummy Testimonial: "Pretty excited to receive my first meal delivery from [Healthy Gourmet To-Go!](#) All vegan, organic and gf meals delivered to my door, fully prepared, just heat and eat! It's also a local woman owned business! The 2 dishes I've tried for lunch were yummy! Does it get any better?!?! Check them out!" Jaime Albany, NY

PLATE 2: "TV Dinner" Date Plate: Pecan crusted baked tofu tenders served over toasted almond cranberry quinoa pilaf plus brown herbed country gravy and roasted garlic n' oil infused cabbage and Lacinato kale 10 points per quart F



A Yummy Testimonial: "Roni has a special gift! I have daringly tasted new dishes I would never order at a restaurant and been thrilled to find out that I not only like, but love it! She really knows how to mix the right spices! She has opened me up to new possibilities and I'm so glad to have found this amazing service. Healthy Gourmet To Go is a great way to save time for those with busy lifestyles. Her "mac n cheeze" dishes are stellar and her delicious untuna is becoming famous at my house. Thank you to Roni and her staff at Gourmet to go, they do an excellent job with so much attention to detail. WE LOVE IT!" Gigi NY, NY

SOUP DISH: Split Pea I LOVE You Soup: Green split peas simmered with carrots, sweet potatoes, celery and fresh dill 3 points per pint F

A Yummy Testimonial: "we LOVE this soup!! and mmmm pasta tomorrow..thank you !! xoxoxSara" New Paltz, NY





SALAD: “Sea” Caesar Romance Salad: Hearts of Romaine topped with grape tomatoes, marinated red onion, polenta baked ‘croustons’, toasted cashews all served with HGTG’s creamy, vegan, delicious “Sea” Caesar dressing (*Order an extra Jar to have in the fridge. It’s fabulous on pasta, grains, veggies AND salad!*) 5 points per salad

A Yummy Testimonial: “I posted our delivery from Healthy Gourmet a few days ago. The food is delicious and dinner time has been so much easier. Some of you expressed interest so here is the menu for next week’s delivery! Order before Monday and tell [Roni](#) if it’s your first order. She will take great care of you :-) Ann” Saugerties, NY

BURGER DISH: Chipotle Black (Be-Mine) Bean Burger – Black beans with sweet potato and brown rice, plus roasted sweet corn, cilantro and caramelized onions served with side of guacamole 11 points per container F



A Yummy Testimonial: “My husband ate both desserts already and all the food is delicious ! I am looking forward to Fridays menu for next week! Thanks again ! Veronica” Saugerties, NY

STEW DISH: Coconut Curried Really Red Lentil Stew: Delicious coconut curried red lentil stew with sautéed onions and garlic filled with sweet garnet yams, carrots, cabbage, jasmine rice and fresh cilantro 5 points per pint F



A Yummy Testimonial: “Hi Roni, Just a note to say yummmm we are loving your meals! What a treat this is ❤️❤️❤️❤️❤️❤️ We will have to figure out how to budget this in our grocery budget so we can order more! When we get more mobile with the tiny new person we will come visit your cafe with our toddler and my wife. Hope all is well. Thank you! Autumn” Beacon, NY



TART DISH: Italian Savory Sweetheart Tart: Savory herbed oat n’ walnut crusted square tart loaded with roasted Brussels sprouts, homemade basil-cashew ‘ricotta cheeze’ and roasted tomatoes 9 points per quart F

A Yummy Testimonial: “Just tried the tart, after freezing it. Amazing!” Michael Woodstock, NY

BOLOGNESE DISH: Pasta Bowl Me Over Bolognese: Delicious rice pasta with bolognese (faux “meat”) sauce simmered with roasted tomatoes, chickpeas, portabella mushrooms, peas and fresh basil topped with homemade dairy-free walnut ‘parma cheeze’ ...yum! 7 points per pint F



A Yummy Testimonial: “...My son LOVED the asian noodles. I didn’t even get to taste them.” Rachel Mohegan Lake, NY



VEGETABLE: Very Veggie Valentine: A lovely assortment of deliciously seasoned vegetables including: roasted asparagus, green kale, sweet garlic beets along with lemon-dill ‘butter’ carrots 10 points per quart

A Yummy Testimonial: “Hi Roni! We are loving all the food so far! Pasta & blt Salad especially great!! My plantains were a little firm but still tasty. Look forward to trying the rest & will be re ordering. Have a great weekend. Christine” NY, NY



DESSERT: Chocolate Cake with Sweet Strawberry - Cashew Cream: Dark, rich chocolate cake topped with rich sweet strawberry-cashew cream and chocolate sauce heart...gluten free, vegan, freezes well AND it's delicious! Order extras! 6 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: "And please can I add 3 X chocolate cakes? (Is there another topping available that's not peanut? If not please may I have plain? Ps - the coconut cream with raspberry that you had last week was INSANE, it's my new fave topping)"
 Laura Williamsburg, Brooklyn

ADD Extras to your Order: Dressings, Smoothies, Cake, Shots

Dressing of the Week

Vegan "Sea" Caesar Dressing

Enjoy delicious salads all week long with any one or all of the above dressings. They're all great on salads, veggies, grains, beans...yes, even on pasta!



\$15 per jar.....16 oz. mason jar Add one or more to your Bag.

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, NY

Smoothie of the Week

Ravishing Raspberry Chia Monkey

Rice milk, bananas, raspberries, freshly ground peanut butter, chia/flax seeds, cacao powder 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:

Chocolate Cake with Strawberry - Cashew Cream n' Heart:

Dark chocolate cake with rich sweet strawberry-cashew cream and chocolate sauce heart



\$7.00...per slice Want a whole cake? Give us advance notice.

A Yummy Testimonial: "Cake is awesome! Seriously best ever. We have about 1/3 left for tomorrow. I don't know how you do it...How many ways can I spell delicious?" Martha Mt. Kisco, 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...for \$10.00 (buy 3 get one FREE)

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