

Healthy Gourmet To Go

914-388-2162 to call/text your order or for info

Or go online to order: HealthyGourmetToGo.com

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, every day ~



Jan. 31st or Feb. 1st Menu

9 dishes freeze well this week.

There is an "F" on the lids of dishes that freeze well.

“TV Dinner” Plate: Walnut crusted baked tofu tenders served over roasted creamy red potatoes with side of parsley walnut pesto and sautéed cabbage n’ kale 10 points per quart F and NUTS (walnut)

Italian Feast Plate: Cannelloni beans with capers n’ basil; plus quinoa with sautéed onions n’ toasted pecans; side of herbed-mustard dressing and oven roasted Italian spiced cauliflower 10 points per quart F and NUTS (pecan)

Greek Salad: Hearts of Romaine loaded with Za-atar spiced garbanzo beans, pickled red onion, tomato, cucumber, black olives and grilled corn polenta with side of cumin-lime tahini dressing 6 points per quart Nut Free

Japanese Miso Soup: Healing Asian miso soup with bok choy, daikon radish, parsnips, carrots, brown rice, tofu and kale garnished with scallions and toasted sesame oil/seeds 4 points per pint F and Nut Free

Tex Mex Bowl: Chipotle pinto beans layered with cumin kale salad, grilled polenta, cilantro-pumpkin seed pesto and guacamole with tomato, lime n' cilantro 6 points per pint F and Nut Free

Thai Basil Asian Noodles: Delicious basil-sesame-ginger pesto tossed with rice Thai noodles topped with Asian baked tofu nuggets and pickled cucumber 6 points per pint F and NUTS (walnut)

Burger Deluxe: Baked jumbo "UN meatloaf burger" with brown lentils, brown rice, walnuts and sautéed onions topped with sun dried tomato 'ketchup' and baked potato kugel bite 8 points per burger F and NUTS (walnut)

Coconut Curry Stew: Butternut squash, carrots and onions simmered with red lentils and basmati rice, basil and kale all simmered in a coconut curry broth garnished with turmeric roasted corn 5 points per pint F and Nut Free

Kasha n' Varnishkas: Earthy, warming and hearty toasted buckwheat kasha grain deliciously tossed with brown rice pasta garnished with herbed country gravy and caramelized sweet onions 7 points per pint F and Nut Free

Chocolate Cake w. Chocolate Cream and Cinnamon Walnuts: Dark chocolate divine cake topped with rich n' creamy chocolate coconut cream and cinnamon roasted walnuts...yum! 6 points per piece F and NUTS (walnut)

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: Chocolate Chia Peanut Butter Monkey
- Quesadillas: “cheeze”, spinach, olives and dip
- Stuffed grilled “cheeze” with avocado and grilled onions

A Yummy Testimonial: *“This food is so delicious! The quesadilla was incredible. My next order I want to add on the untuna salad, a smoothie and some extra dressings. When is your next round of orders? Really enjoying it thank you so much!”* Vinnetta Brooklyn, NY

A Yummy Testimonial: *“OMG, lady, the UN-TUNA SALAD!!! Where has this been all my life?! Way yummier than actual tuna salad. This container isn't gonna last the day.”* Emily Wappingers Falls, 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

A Yummy Testimonial: *“Ur smoothies are like divine desserts”* Sherry Elka Park, NY