

Healthy Gourmet To Go

Compassionate Clean Cuisine to your door for 25 years and counting!

All: Organic, vegan, gluten free, ready-to-eat, plastic free and mostly soy free Delivery Co.
12 Market St. Saugerties ~ info@HealthyGourmetToGo.com ~ 914-388-2162 ~ Cafe open Mon./Tues.



Menu for Delivery on February 19

9 dishes freeze well this week

Standard Bag Menu below: you get all 10 dishes below (pint/quart combo)...\$175

Want a Family Bag? you choose 6 dishes below (get all quarts)...\$195

See points after each dish as an ode to Weight Watchers

Acapulco Plate: Baked sweet plantain casserole served with coconut basmati white rice and Calabacitas (stewed zucchini with Lima beans, onions and corn) plus side of red onion, red pepper, avocado salsa 10 points per quart F and Nut-Free

A Yummy Testimonial: "...I'm addicted and absolutely love your recipes! I'm a super happy girl 🥰 Warm regards. ~ Deana" Hoboken, NJ

Veggie n' Pasta Plate: Brown rice pasta served with wilted kale, roasted garlic, sweet green peas, kalamata olives topped with grilled zucchini with basil-cashew 'ricotta cheeze' 12 points per quart F and NUTS

Coconut Curried Cauliflower Soup: Delicious coconut curried broth simmered with cauliflower, quinoa and sautéed onions garnished with fresh chives 5 points per pint F and Nut-Free

A Yummy Testimonial: "By the way, that cauliflower soup was unbelievably delicious and just what I needed to warm upon a cold and blustery day!" Meg Rhinebeck, NY

Tuscan Salad: Hearts of Romaine topped with white beans, tomato, toasted walnuts, marinated red onions, capers and Italian herbed carrot mustard vinaigrette 5 points per quart Nuts

Leek n' Mushroom Pesto Rice Casserole: Herbed short grain rice with sautéed onions and basil topped with Basil kale sunflower seed pesto garnished with sautéed leeks and mushrooms 5 points per pint F and No Nuts

Baked Potato Kugel: Savory baked potato-parsnip-onion kugel served with side of stone ground mustard-mayo 7 points per slice F and Nut-Free

A Yummy Testimonial: “Had the kugel for dinner last night and was as good as any I had as a child. There was magic in it.” Andrea Esopus, NY

Pop-Art Millet Pie: Creamy herbed millet infused with sautéed onions and fresh dill, topped with sweet potatoes and parsley rosemary-sesame topping 9 points per piece F

A Yummy Testimonial: “Hi Roni, I popped open the untuna salad and ate the entire little container myself. Today I had the tart. Both were absolutely delicious. I'm looking forward to trying some more of the dishes. Really excited to have started this for myself...Take care, Joanie” Bauvelt, NY

Japanese Root Dashi Stew: Carrots, daikon, burdock root, onions, tofu, short grain brown rice and mushroom stew simmered with toasted sesame and ginger 5 points per pint F and Nut Free

Mexican Pinto Burger: Herbed baked jumbo pinto bean n' rice burger with corn and toasted sunflower seeds topped with cilantro pumpkin seed pesto and sautéed onions 8 points per jumbo burger F and Nut Free

A Yummy Testimonial: “Hi Roni: I want to tell you that the burger dish this week was amazing. What a lovely combination of flavors!” Katherine Albany, NY

Baked Pear Walnut Oat Crumble: Sweet baked pear with oats, walnuts and chocolate chips topped with house made coconut “whipped cream” 6 points per container F and NUTS

ADD Extras to your Bag this week...see below.

Dressing, Smoothies, Cake, Shots

(Just let us know what you'd like and a paypal invoice will be sent with your total)

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 ~ 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, N

Smoothie of the Week

Blueberry Blast Smoothie

House made hemp milk, bananas, blueberries, cashews, ginger, lemon, hemp seeds, dates, young baby coconut 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 w. coconut whip and chocolate chips

\$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 PLUS....one FREE= 4 shots

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