

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 26

8 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

UN-Meatloaf Plate: Lentil, brown rice and walnut UN-meatloaf baked with sun dried tomato topping served with Yukon potatoes w. garlic and rosemary and assorted veggies on the side 10 points per plate F and NUTS

A Yummy Testimonial: "Dear Roni, The lentil un -meatloaf with smashed potatoes...was outstanding. Make it at least twice on next month's menu. Love, Chrissy Windham, NY

Winter Pasta Plate: Fusilli brown rice pasta with roasted butternut squash, sautéed sweet onions, toasted walnuts, cannelloni beans and fresh sage...yum! 11 points per quart F and NUTS

Minestrone Tomato Soup: Sweet roasted tomatoes, garbanzo beans, vegetables and fresh basil topped with walnut 'parma cheeze' 4 points per pint F and NUTS



A Yummy Testimonial: "Hi! That tomato soup is AHMAZINGGGGG! E and I both gobbled up a whole container. Can't wait to have more tonite! Thank you!" Carolyn Saugerties, NY

Wild Winter Salad: Hearts of Romaine topped with wild rice-apple-coconut salad, red beets with dill, toasted pecans and Thompson raisins served with 'Sea' Caesar cashew dressing ... order a JAR of this scrumptious dressing-see below for details.



4 points per quart NUTS

Tofu UN-Egg Salad: Delicious tofu UN-Egg salad filled with scallion, celery, red onion, 'mayo' and fresh dill served with shredded greens. NOT doing tofu? Just let us know and we'll take care of you. We'll swap this dish for chickpea UN-Tuna or another stew. Want UN-Egg AND UN-Tuna? Simply add \$10 to your total for an additional pint or \$20 for a quart of one/the other or both! 6 points per pint F and Nut-Free (pecans in UN-Tuna)



Texican Stew: Hearty winter stew simmered with pinto, peppers, plantains and basmati rice plus corn, cabbage and chives 5 points per pint F and Nut Free

A Yummy Testimonial: "Roni, The food is so delicious! Thank you for this incredible service! Best, Karen". Woodstock, NY

Italiano Red n' Tats: Italian inspired red lentils with kale and fresh basil topped with baked potato kugel bite and cashew 'ricotta cheeze'. 6 points per pint F and NUTS

Veggie Paradise: Grilled asparagus, roasted cauliflower, dill carrot logs and kale... yum. 1 point per pint F and Nut-Free

A Yummy Testimonial: "We send you love and thanks! Dear Roni, We think more people should come to know about your great talents as a producer of healthy, tasty, life-affirming, planet protecting, lovingly-created recipes! And by the way, your pasta "Bolognese" and pea soups are out of this world. Kudos! Thanks, as always, Bob and Helena" NY, NY

Mexicali Blues: Cilantro pesto cabbage layered with black bean pasta, coconut quinoa and cumin cabbage 9 points per pint F and Nut Free

A Yummy Testimonial: "Just shared some stew and UNtuna with my wife and her sister. They loved it!" Chris Woodstock, NY

Snickerdoodle Chocolate Cake: Dark, rich, fudge chocolate cake topped with creamy peanut butter mousse topped with sweet candied peanuts. Gluten free, vegan, freezes well AND it's delicious! Order extras! 7 points per piece F and NUTS



A Yummy Testimonial: "HGTG's Snickerdoodle Cake! Fudge dark chocolate cake with peanut butter mousse and peanut brittle! Gluten free and vegan. Yes, it's as yummy as it looks! And...it's good for you. Seriously." Allison Saugerties, NY

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

Strawberry Blast Smoothie

House made hemp milk, bananas, strawberries, 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 Snickerdoodle Cake w. peanut butter mousse and candied peanut



\$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