

# Healthy Gourmet To Go

**Organic, vegan, gluten free, plastic free Meal Delivery Co.**  
12 Market St. Saugerties, NY ~ [info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162

Ready to Eat Meals Right to Your Door Tuesday or Wednesday (menu below)

Café Open for Take Out Monday and Tuesday 11-6 (call for menu)



## Menu for Jan. 18 or Jan. 19

Pick up or Delivery

**Indian Plate:** Coconut basmati rice with cilantro served with indian spiced red lentil and corn dahl plus turmeric oven roasted cauliflower with side of Turkish apricot chutney 9 points per quart F and Nut Free

**Butternut Squash Plate:** Sweet baked butternut squash chunk served with wild-brown rice, rosemary n' toasted walnut stuffing plus beets in lemon dill sauce 7 points per quart F and NUTS (walnut)

*A Yummy Testimonial: "The Quiche...Is way too good...I can't stop eating it...Xoxox Sara" New Paltz, NY*

**Thai Coconut Curried Cabbage Soup:** Cabbage, carrot, kale, onion and tofu cubes simmered in coconut curry Indian spiced soup with fresh basil and scallion 4 points per pint F and Nut Free

*A Yummy Testimonial: "As usual, all so good! ..." Corinne Newburgh, NY*

**Pasta n' "Sausage":** House made, grilled white bean "sausage" over brown rice fusilli pasta n' peas tossed in parsley-basil walnut pesto 6 points per pint F and NUTS (walnut)

**Tuscan Quinoa:** Tuscan quinoa with thyme, black olives and sautéed zucchini topped with stone ground mustard sauce and grilled sweet onion bits 5 points per pint Nut Free

**"Pizza" Casserole:** Short grain brown rice casserole filled with broccoli rabe, kale and basil topped with house made herbed tofu "ricotta cheeze," roasted tomato sauce and "mozzarella cheeze" 10 points per large piece F and Nut Free

*A Yummy Testimonial: "Hi Roni~ I'll pick up Tues. before closing. Thank you so much as always for all your delicious healthy food! Pam xo"*

**Mediterranean Sandwich:** Grilled buckwheat flax bread stuffed with herbed garbanzo bean hummus, kalamata olives, cucumber, avocado, stone ground mustard, lettuce and pickled red onions 7 points per sandwich Nut Free

**Pinto Mexican Stew:** Sautéed sweet green peppers and onions simmered with short grain brown, capers, corn and pinto beans garnished with cilantro 5 points per pint F and Nut-Free

**Un-Tuna Salad:** Chickpea Un-tuna salad packed with carrots, celery, red onion, raisins, toasted pecans and fresh dill ...yum! 5 points per pint F and NUTS (pecan)

*A Yummy Testimonial: "Hi Roni, We really enjoyed your food and will be ordering again... Best, Kathy" Salisbury, CT.*

**Chocolate Cake with Coconut Cashew Cream and Crushed Chocolate:** Delicious rich chocolate cake topped with coconut cashew cream garnished with crushed chocolate bits It's gluten free, vegan, freezes well AND it's delicious! Order extras! 7 points per piece F and NUTS (cashew/almond)

**ADD Extras to your Bag this week at check out.  
Here are a few extras you can add on:**

## *Dressing, Smoothies, Sammies, Cake, Shots*

### **Sandwich of the Week: *Stuffed Grilled ‘Cheeze’***

Scrumptious Grilled “Cheeze” Sandwich stuffed with avocado and kalamata olives...yum. On grilled flax-buckwheat bread

\$15 ...per sandwich (nut free)



### **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 (cashew)



***A 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 Strawberry Cashew Blast

Rice milk, bananas, strawberries, cashews, dates, hemp/flax seed, cocoa butter, mesquite, coconut oil, ginger and vanilla

\$15/per jar ...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 Coconut Cashew Cream and Chocolate Bits***



*\$7.00 per slice (cashew)*

***A Yummy Testimonial:** "I just had to have the chocolate cake for breakfast...great after a beautiful meditation and prayer time. There is no conflicting energy in this food. xoxo" SS New Paltz, 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 (plus 1 FREE)

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