

# 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 every Wednesday  
Cafe' open for sit-down/take-out every Monday and Tuesday 11-6



## Menu for 1/22/20 Delivery

### **Pricing:**

Standard Bag w. all 10 pint/quart dishes below...\$175  
Family Bag w. choice of 6 quart sized dishes below...\$195  
Please add delivery charge (and one time packaging fee to first delivery)

**9** dishes freeze well this week "F" means the dish freezes well  
For weight watching folks check out the number of points noted after each dish

**"TV Dinner" Plate:** Baked walnut crusted tofu tenders plus Yukon potatoes with rosemary salt n' olive oil, with oven-roasted cauliflower and side of parsley-walnut pesto  
10 points per quart F and NUTS

**A Yummy Testimonial:** "A few weeks ago I popped in... and picked up a couple of take aways for my husband and I to enjoy! Thank you SO much - it was all absolutely delicious - even my husband who rather likes meat said it was amazing! Beryl" Bournemouth UK

**Indian Plate:** Red lentil Indian Dahl with roasted corn and cilantro served over coconut jasmine rice with chives, plus curried chickpea chapati with green peas n' onions and side of apricot cardamom chutney 12 points per plate F and Nut Free



**A Yummy Testimonial:** "... And mmm mm that Indian dish with the little pancakes - One of my faves!" C.M. Fishkill, NY

**Winter Salad:** Hearts of Romaine lettuce topped with grilled apples, beets with fresh dill, toasted pecans and herbed stone ground mustard creamy dressing 3 points per

quart NUTS ... *Want a jar of “Sea” Caesar dressing or the herbed stone ground mustard creamy dressing? Get a jar for \$15.00 each and we’ll deliver with your Bag. You can enjoy more salads throughout the week. The dressings are also divine over grains, beans, veggies and even pasta and come in lovely reusable 16 oz. mason jars*

**Coconut Curried Noodle Soup:** Delicious Thai noodle soup in a coconut curried-mushroom-onion broth with fresh basil garnished with red pepper and scallion 7 points per pint F and Nut Free

**Simply Macro:** Soothing brown lentils and sautéed onions topped with carrot sesame ginger dressing 7 points per pint F and Nut Free

**Calabacitas Stew:** Delicious Lima bean stew packed with zucchini, sweet onions, corn and fresh dill over white basmati coconut rice 5 points per pint F and Nut Free

**Mini “Crab Cakes” n’ Potatoes:** Baked tofu ‘crab cakes’ bites served with caper “tarter sauce” served over garnet yams 8 points per pint F and Nut Free

**Ode to Souen Bowl:** Scallion-sesame brown rice topped with kale salad and tahini oat sauce 7 points per pint F and Nut-Free

*A Yummy Testimonial: "Hi Roni...It's been great having your food since I can't use my right hand as my arm is still in a sling. x Diana" NY, NY*

**Green Deconstructed “Lasagna”:** Layers of deliciousness with brown rice pasta, sauté kale n’ onions, house made cashew ‘ricotta cheeze’ and basil-walnut pesto 7 points per pint F and NUTS

**Chocolate Cake with Raspberry Coconut “Whipped Cream” n’ Candied Walnuts:** Yummy dark, rich chocolate cake topped with coconut house made raspberry “whipped cream” garnished w. candied walnuts. You won’t believe its gluten free...but it is and it freezes really well! 6 points per piece F and NUTS



**Add extras to your cart:**

**Dressing of the Week**

**Vegan “Sea” Caesar Dressing**

**Enjoy delicious salads all week long! Order a jar of our decadent,**



**vegan “Sea” Caesar Dressing and keep in the fridge.  
Great on salads, veggies, grains, beans...even on pasta!**

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

**Yummy Testimonial:** “You truly need to find a bottler/distributor for that sea Caesar 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**

### **Raspberry Cashew Blast**

Rice milk, bananas, raspberries, cashews, dates, ginger, hemp seed,  
young coconut oil and vanilla

\$15/per 16 oz. mason jar



**Yummy Testimonial:** “I relished every bit of the stew, smoothie and half of the tapioca pudding! Delicious! You're smoothie is far tastier than the one I had at \_\_. Much fuller flavor and so well balanced. I'm so glad to know you are open later than I thought.... Elana” Kingston, NY

## **Cake of the Week:**

### **Chocolate Cake with Coconut Raspberry ‘Whipped Cream’ and Candied Walnuts...\$7.00 per slice**

**Yummy Testimonial:** “Your cake was insanely good and those pecans rocked my world. More please!” Luis W. Saugerties, 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 (and one FREE=4)...for \$10.00

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