



## Healthy Gourmet To Go

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

Or go online to order: [HealthyGourmetToGo.com](http://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!*

***January 23/24: Delivery/Pickup***

### ***MENU***

*All **10** dishes freezes well this week*

**Indian Dahl Plate:** Red lentil Indian Dahl with kale and cilantro served with coconut basmati rice with roasted corn with delicious turmeric roasted cauliflower and she of cardamom apricot-onion chutney 8 points per quart F and Nut Free

**Pasta Supreme Plate:** Brown rice penne with tons of roasted butternut squash, house made tofu “ricotta cheeze”, fresh thyme, cannelloni beans, sautéed onions and toasted walnuts 9 points per quart F and Nut Free

**Tuscan Tomato Rice Soup:** Warming soup with tomato, carrot, celery, kale, onion and basmati rice with fresh basil topped with walnut “parma cheeze” 4 points per pint F and NUTS (walnut)

**Quinoa w. Cabbage n’ Pecans:** Nutty, high protein quinoa tossed with sautéed red n’ green cabbage with toasted pecans, garbanzo beans and rosemary mustard dressing 4 points per pint F and Nut-free

**Wild Rice n’ “Nuggets”:** Roasted butternut winter squash filled with crunchy wild rice and sautéed broccoli rabe topped with crispy tofu “nuggets” 4 points per pint F and Nut Free

**Tofu Scramble n’ Potatoes:** Italian inspired tofu scramble with kale, peas, mushrooms, black olives, green peas, sautéed garlic/onion and fresh basil topped with mustard roasted red potatoes 6 points per pint and Nut Free

**Greek Lentils n’ Rice:** Lentils with olives and basil served with brown rice infused with scallion and mint, topped with house made lemon-parsley sesame tahini garnished with pickled red onions 6 points per pint F and Nut Free

**Millet “Pizza” Casserole:** Creamy herb infused millet casserole filled with sautéed onions, capers and cauliflower topped with “mozzarella cheeze” and sautéed broccoli rabe 6 points per pint F and Nut Free

**Mex Chipotle Tortilla Stew:** Mexican black bean simmered with sautéed green peppers n’ onion. Plus garnet yam, tomatillo, cilantro and corn tortillas garnished with roasted mini sweet peppers 5 points per pint F and Nut Free

**Pumpkin Spice Chocolate Chip Streusel Cake:** Moist and delicious pumpkin spice cake (warm up for an extra special WOW) infused with chocolate chips, walnuts all topped with oat-nut streusel topping 6 points per piece F and NUTS (walnut)

