

Healthy Gourmet To Go

914-388-2162 to call/text your order or for info
Or go online to order: 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!



~ Compassion for ALL beings every meal, every day ~

Menu

For Jan. 24th or 25th 2023

8 dishes freeze well this week.

There is an "F" on the lids of dishes that freeze well.

Mexicali Plate: Lima beans stewed with corn and sautéed onions served with cumin roasted butternut squash and carrots served over brown rice studded with cilantro and diced avocado plus side of roasted tomatillo salsa
9 points per quart F and Nut Free

Pasta “Bolognese” Plate: Delicious, hearty bolognese “faux meat sauce” served with brown rice fusilli pasta. Chunky and delicious sauce simmered with roasted tomatoes, chickpeas, portabella mushrooms, vegetables and fresh basil topped with our house made cheezes: sunflower seed basil “ricotta” and our walnut “parmesan” ...delish! 12 points per quart F and NUTS (walnut)

Wild n’ Crazy Salad: Hearts of Romaine loaded with earthy wild rice, roasted baby beets, pickled red onions, pesto roasted walnuts and green Goddess dressing 7 point per quart NUTS (walnut)

Green Minestrone Soup: Zucchini, kale and onion soup chock filled basil, white beans, broccoli rabe and peas 5 points per pint F and Nut Free

Pad Thai Tofu: Deliciously seasoned and baked tofu smothered in house made peanut ginger Thai sauce garnished with sliced scallions served over coconut quinoa with mild and healing daikon radish...Yum! 7 points per pint F and NUTS (peanut)

Tofu UNegg-Salad: Yummy tofu UNegg Salad w. scallion, celery, red onion and ‘mayo’ with fresh dill 6 points per salad F and Nut Free

Warm n’ Wintry Veggie Dish: Roasted Brussel sprouts, Mexican roasted cauliflower, sesame tahini carrot logs all garnished with sweet grilled onions 4 points per pint F and Nut Free

Mediterranean Sandwich: Grilled buckwheat flax bread stuffed with parsley-lemon chickpea hummus, grated carrots, kalamata black olives, cucumber, tomato, stone ground mustard, lettuce and pickled red onions 7 points per sandwich Nut Free

Indian Dahl with Chapati: Indian spiced red lentil Dahl topped with kale salad and grilled chickpea-green pea/cilantro chapati pancakes 6 points per pint F and Nut Free

Granny Smith Apple Crumble: Granny Smith apples baked with cinnamon, oats, walnuts, chocolate chips and chia seeds topped with house made coconut “whipped cream” ...Yum. 6 points per container F and NUTS (walnut)

Add yummy extras to your Bag at check out:

- Double up on any of this week's dishes
- “Sea” Caesar-the cashew *everything* dressing
- Untuna salad
- Immune shots w. Ginger, lemon, cayenne, black pepper
- Smoothie of the week: Raspberry Chocolate Chia Peanut Butter Monkey
- Quesadilla with dip
- Stuffed grilled “cheeze” with avocado and grilled onions

A Yummy Testimonial: *“This food is so delicious! The quesadilla was incredible. My next order I want to add on the untuna salad, a smoothie and some extra dressings. When is your next round of orders? Really enjoying it thank you so much!”* Vinnetta Brooklyn, NY

A Yummy Testimonial: *“OMG, lady, the UN-TUNA SALAD!!! Where has this been all my life?! Way yummiier than actual tuna salad. This container isn't gonna last the day.”* Emily Wappingers Falls, NY

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

A Yummy Testimonial: *“I love my “bug catcher” so much. I used to turn a plastic cup onto them and slide a piece of cardboard under end lift off and bring outside. This is so much easier!! 🤔”* Corinne Newburgh, NY

A Yummy Testimonial: *“Ur smoothies are like divine desserts”* Sherry Elka Park, NY