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Healthy Gourmet To Go

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Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477



January 30/31

MENU

9 dishes freezes well this menu

Wild n' Crazy Plate: Wild n' brown rice stuffing with butternut squash, toasted walnuts and rosemary topped with tofu "fish" sticks and sautéed garlic greens and side of caper-dill "tartar" sauce 9 points per quart F and NUTS (walnut)

Pasta n' "Sausage" Plate: Brown rice penne served with sautéed zucchini n' onions, wilted kale and green peas topped with perfectly grilled white bean-fennel "sausage" slices with side of parsley walnut pesto 9 points per quart F and NUTS (walnut)

Thai Me Up Salad: Chickpeas, grated carrots, steamed garnet yam and beets with pickled red onions served over hearts of Romaine with side of freshly ground peanut butter Thai ginger dressing 5 points per quart NUTS (peanut)

Green Split Pea Soup: Green split peas simmered with carrots, garnet yams, celery and fresh dill ...so warming, hearty and delicious! 3 points per pint F and Nut Free


“Pizza” Tart: Oat-nut crusted savory tart filled with “mozzarella” cheeze, roasted tomato sauce, sautéed broccoli rabe, roasted garlic, chopped kalamata olives and basil oil 8 points per slice F and NUTS (walnut)

Mexican Cauliflower Dish: Pinto beans layered with sautéed onions, oven roasted cauliflower and almond roasted red pepper Romesco sauce 5 points per pint F and NUTS (almond)

Japanese Rice Bowl: Toasted sesame brown rice with kale served with mung beans n’ sautéed onions topped with carrot-ginger dressing and toasted cabbage 4 points per pint F and Nut Free

Italian Red Lentil Stew: Pureed red lentil-carrot-butternut squash stew with capers and basil filled with brown rice penne garnished with garlic sautéed leafy greens 4 points per pint F and Nut Free

Jumbo Indian Burger: Baked jumbo burger with lemon-curry chickpeas and coconut jasmine rice, roasted corn n’ toasted cashews plus fresh cilantro topped with curry cream and grilled cabbage 7 points per burger F and NUTS (cashew)

 **AND THE TENTH Dish:** Surprise! This week you choose. Get a Surprise Dessert OR a Surprise Savory Stew! If you must know, just ask. Xo