

Healthy Gourmet To Go

Organic, vegan, gluten free, plastic free Meal Delivery Co.
12 Market St. Saugerties, NY ~ info@HealthyGourmetToGo.com ~ 914-388-2162
Week of ready to eat meals delivered to your door every week
Café open for curbside take out every Monday and Tuesday 11-6



Menu for Delivery

Delivery: 1/12 (local) 12/13 (not so local)

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: Walnut crusted baked tofu tenders served over quinoa with green peas and rosemary, plus green beans almondine and side of roasted red pepper-almond Romesco sauce 10 points per quart F and NUTS (walnut/almond)

A Yummy Testimonial: “Roni, Just want to tell you how impressed I am with everything. It’s been wonderful not to panic every day trying to figure out what to eat. And it’s all been delicious! Thank you so much. Best, Mary”
Germantown, NY

Empanada Plate: Handmade pinto n’ cheeze empanada served over coconut basmati rice speckled with roasted cauliflower, sautéed cabbage and butternut squash plus side of roasted tomatillo-onion salsa 10 points per quart F and Nut Free

Tomato Rice Minestrone: Roasted tomatoes simmered with carrots, celery and kale with rice and fresh basil topped with walnut ‘parma cheeze’ 4 points per pint F and NUTS (walnut)

A Yummy Testimonial: “Hi! That tomato soup is AHMAZINGGGGG! E and I both gobbled up a whole container. Can't wait to have more tonite! Thank you!” Carolyn Saugerties, NY

Souen Rice Bowl: Sesame-scallion short grain brown rice topped with tofu and carrot sesame ginger dressing 7 points per pint F and Nut-Free

Italian Red Lentil: Red lentils simmered with garnet yams and butternut squash topped with parsley pumpkin seed pesto 6 points per pint F and Nut Free

Mexican Pasta Layers: Black bean pasta tossed with roasted cumin corn layered with cilantro pesto coated avocado, kale and toasted corn tortilla ...a delicious low carb, filling, Grab n' Go meal! 6 points per pint F and Nut Free

Potato Kugel: Baked potato, onion and parsnip kugel with side of rosemary mustard sauce 7 points per pint Nut Free

A Yummy Testimonial: "Everything looks delicious! Always so much flavor! Thank you and happy holidays!"
Susan Voorheesville, NY

Butternut n' Pasta: Brown rice fusilli pasta with roasted butternut squash, toasted walnuts, sautéed sweet onions and fresh basil 6 points per pint F and NUTS (walnut)

Wild n' Beetie: Fluffy and fully cooked wild rice with capers, white beans and basil topped with sweet red beets with fresh dill 4 points per pint F and Nut Free

Coconut-Almond Cake: Coconut almond cake topped with chocolate coconut frosting and red raspberries. You won't believe its gluten free. It is and it freezes well too. Order extras at check out! 6 points per piece F and NUTS (almond) ...**This cake freezes well AND it's delicious immediately out of the freezer! For those of you counting calories who want a sweet something now and then without breaking the bank on daily calories, we suggest cutting up the cake as soon as it arrives. Take all those adorable leftover plant based tiny dressing containers, fill them with cake and pop them in the freezer for some portion controlled bite-sized cake treats to enjoy. xoxo Roni**

A Yummy Testimonial: "Hi Roni, First thing I did when unpacking the food package was eat one of the chocolate cakes...OMG...so good! ... I am putting them in the freezer, otherwise I will eat them all. OK, I will share one...Best, Diane" Tuckahoe, NY

Add Extras to Your Delivery:

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, NY

Yummy Testimonial: RE: Jar Sea Caesar: “Yes! I want one every week delivered...It makes me look forward to waking up.” Luis Woodstock, NY

Smoothie of the Week

Raspberry Chocolate Chia Peanut Butter Monkey



Rice milk, bananas, raspberries, ground peanut butter, chia seeds, hemp seeds, flax seeds, cocoa 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 Chocolate Coconut Frosting and Raspberries

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