

Healthy Gourmet To Go

Organic, vegan, gluten free, plastic free Meal Delivery Co. and Catering

12 Market St. Saugerties, NY ~ 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



January 16th Menu

“F” means-the dish FREEZES well

“NF” means-the dish is NUT-FREE

9 dishes freeze well this week

For weight watching folks check out the number of points noted after each dish

A Yummy Testimonial: “I now know why you've been in business for 25 years. The food is so delicious and satisfying. I love to eat and I savored (and devoured) every bite of tonight's dinner and it was such a pleasure to have it at hand, ready to just heat up when I was ready to eat...” Irene Cold Spring, NY

Ratatouille n’ Pasta Plate: Delicious stewed zucchini, tomato, onion and red peppers simmered with white beans, roasted garlic and fresh basil served with brown rice penne pasta...yum! 9 points per quart NF and F

“TV Dinner ” Plate: Walnut crusted baked tofu served over chive-olive oil infused smashed garnet yams n’ carrots with tahini-mustard cauliflower and side of parsley walnut pesto 10 points per quart F

Split Pea Soup: Warming and hearty green split peas simmered with carrots, garnet yams, celery and fresh dill 5 points per pint NF and F

Winter Salad: Hearts of Romaine topped with sweet red beets, wild rice, grilled apples and Green Goddess dressing 5 points per salad NF

Very Veggie: Scrumptious baked Brussels Sprouts plus nutrient rich n’ low cal green n’ red cabbages with oven-roasted garlic, olive oil and fresh basil 3 points per pint NF and F

A Yummy Testimonial: “We just ate at Healthy Gourmet To Go’s cafe in Saugerties, NY. We think it’s the best vegan meal we have ever had!! They deliver to NYC. Amazing Staff and delicious meals!” Katrina Facebook Post

Cancun Mex Bowl: Black bean PASTA layered with roasted corn, coconut braised broccoli and cashew “Feta cheeze” garnished with mole roasted pepitas seeds 6 points per pint F

Kasha “Cheeze Burger”: Delicious baked kasha n’ potato burger packed with sautéed leeks, onions and chives topped with melted ‘cheddar cheeze’, coconut ‘bacon’ and roasted tomatoes 7 points per burger NF and F

Asian Quinoa: Queen of all foods “Quinoa” tossed with broccoli and bok choy topped with toasted sesame-carrot-ginger sauce garnished with scallions 5 points per pint NF and F

Tuscan Stew: Italian inspired stew with brown lentils and short grain brown rice, plus capers, black olives, sautéed sweet onions, green peas, Swiss chard and fresh rosemary 6 points per pint NF and F

Chocolate Cake with Surprise Ingredient Mousse n’ Raspberries: Yummy rich chocolate cake topped with smooth n’ creamy decadent chocolate mousse made with avocado....yes, avocado topped with sweet raspberries. You’re gonna LOVE it! 7 points per piece NF and F

Order online: choose a Standard or Family Bag on the ORDER page.

You can add extras to your cart: smoothies, cakes, salad dressings, etc.

Dressings 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

Blueberry Blast

Rice milk, bananas, blueberries, cashews, ginger, dates, 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 w. Chocolate Mousse n' Raspberries

\$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