

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: 1/26 (local) 12/27 (not so local)

ALL dishes freeze well this week

“F” on the label means the dish freezes well

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

Italian Spaghetti Squash Plate: Spaghetti squash with sautéed onions and fresh basil topped with parsley walnut pesto plus grilled house made ‘sausage’ and rosemary-caper brown rice 8 points per quart F and NUTS (walnut)

A Yummy Testimonial: “Hi Roni, I have been meaning to text you. The food is INCREDIBLE! Definitely soul soothing in such crazy times we are living in! I will be placing another order next week...I still have so much left!!! I think I over ordered just for myself. Thank you for the wonderful service you provide! Jen” Marlboro, NY

Pasta n’ Broccoli Plate: Oven roasted broccoli served over fusilli brown rice pasta with green peas, fresh basil, grilled onions rings and house made cashew ‘ricotta cheeze’ 11 points per quart F and NUTS (cashew)

Mulligatawny Cauliflower Soup: Indian coconut curried red lentil soup filled with sautéed sweet apples and onions, cauliflower and Indian spices garnished with chives 6 points per pint F and Nut Free

A Yummy Testimonial: “Hi Roni...So far I’ve had the coconut curried tofu which I loved and this morning had the roasted yams and zucchini...also delicious! Oh and of course some of the chocolate cake! As usual fabulous! Tonight we’ll have the pasta dish. The other day we unfroze the yam and tart dish from a few weeks ago, which we loved. etc. etc. xj” Woodstock, NY

Roasted Beet Dish: Herbed roasted sweet red beets served with lemon thyme garbanzo sprinkled with wild rice 5 points per pint F and Nut Free

Warm Mexican Salad: Sauté corn and onions tossed with black bean pasta layered with cilantro avocado, cumin black beans and kale garnished with roasted garnet yams with toasted pepitas 7 points per pint F and Nut Free

Souen Broccoli n' Rice Bowl: Toasted sesame brown rice with broccoli and delicious carrot sesame ginger dressing 6 points per pint F and Nut-Free

Tofu Scramble n' Hash Browns: Tofu scramble filled with onions, tomato, kale and fresh rosemary served with hash brown red potatoes with scallion 6 points per pint F and Nut Free

A Yummy Testimonial: "That's the best baba ganoush I've ever had, Roni! I usually don't care for it in restaurants!" Lesley Lake Katrine, NY

Brown Rice "Pizza" Casserole: Herbed short grain rice with sautéed onions and fresh basil topped with melted 'mozzarella cheeze and roasted zucchini 6 points per casserole F and Nut Free

Curried Quinoa: Indian spiced quinoa speckled with sweet green peas, toasted cashews and raisins topped with oven-roasted turmeric cauliflower 6 points per pint F and NUTS (cashew)

Snickerdoodle Chocolate Cake: Dark, rich, fudge chocolate cake topped with creamy peanut butter mousse topped with sweet candied peanuts. Gluten free, vegan, freezes well AND it's delicious! Order extras! 7 points per piece F and NUTS (peanut)

A Yummy Testimonial: "My husband...He lives for your cakes !! Especially this week, peanut butter is his favorite and I will make him a happy man when I put that in front of him !!!!! Thanks so much. Veronica Saugerties, 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

Strawberry Chia Monkey!

Rice milk, bananas, freshly ground peanut butter, cocoa, strawberries, chia seeds, flax seeds, hemp seeds 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

Yummy Testimonial: “...I tasted a bit of the smoothie before dinner and it was probably the best smoothie I've ever had! Loved it! (can you give me the recipe?)...xxxjoan” Woodstock, NY

Cake of the Week:

Chocolate Snickerdoodle Cake with Peanut Butter Mousse



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