

Healthy Gourmet To-Go

-Cruelty Free, Gluten Free, Organic Weekly Meal Delivery Company-

For 25 years delivering delicious, compassionate, clean, cuisine right to your door
Packed in plant-based containers and made with love!
info@HealthyGourmetToGo.com 914-388-2162



Vegan GF Cafe OPEN to the Public Mondays and Tuesdays 11AM to 6PM

Next Delicious Delivery: Wed. 7/11 Closed week July 4

Is this your first order?

Please contact us before making your online order/payment to establish your Delivery Zone fee.
If you and a friend order your first Bags together this week you'll both get \$20 OFF your Bags!
There's a one time, non-refundable packaging fee of \$15 (as long as bag/ice are returned weekly).
Check out the special monthly Prepay discounts for BIG savings!

9 dishes freeze well "F" this week

Points are an ode to Weight Watchers for those of you 'watching'



PLATE 1: Pasta "Bolognese" Plate: Brown rice fusilli pasta served with hearty and delicious faux meat sauce "Bolognese" with roasted tomatoes, sautéed portabella mushrooms n' onions, with roasted garlic and fresh basil plus with drizzle of basil oil 11 points per quart F

Yummy Testimonial: "I'm on Meal four so far and it's all been delicious! I had the pad Thai last night, the chia shake for bfast, the vegan Cobb today for lunch, and now I'm having some ratatouille pasta. Really it's all delicious!" Kristin Roosevelt Island, NY

PLATE 2: Italian Quesadilla Plate: Grilled brown rice quesadilla filled with melted 'mozzarella cheeze', kalamata olives, spinach and basil served over garlic n' oil white beans with fresh rosemary, plus a container of parsley-walnut pesto and side of greens 10 points per quart F



A Yummy Testimonial: “delicious!!!!!!! omg the mexican dish was so FRESH tasting and the rice was perfect!! also dug into the tapioca oh my gosh so yummy, so many layers of flavors in both dishes. the rest went into the freezer or waiting to be eaten for lunch tomorrow. you are an amazing cook!!!! this is very exciting...” Leslie Pleasantville, NY



SOUP DISH: Coconut curried Corn n’ Cauliflower Soup:

Delicious creamy coconut curried-onion broth chock filled with fresh cauliflower and roasted corn partially blended to perfection garnished with chives and curried sunflower seeds 4 points per pint F

A Yummy Testimonial: “The...stew this week was killer. I did not share any of it. It was too good to share. Best, Kate” Woodstock, NY

TOFU DISH: Tofu UNegg Salad: Delicious cool tofu UNegg Salad filled w. scallion, celery, red onion, ‘mayo’ and fresh dill garnished with coconut ‘bacon’ ...yum! Don’t want SOY? Let us know and you can get chickpea Untuna instead. Want BOTH? Add \$10 to your total. xoxo 6 points per salad...NOT doing tofu? Just ask and we’ll swap this dish for an additional soup. 7 points per pint F OK....we tried it and ta da....HGTG’s UNegg salad freezes beautifully! WOO HOO



Yummy Testimonial: “My family is loving the Un Egg and the Lentil Pate in particular.” Jeannie Scarsdale, NY



QUINOA DISH: Crunchy Fruity Quinoa Salad - Quinoa is the Queen of all foods...it’s a high protein seed! This week your quinoa is deliciously tossed with fresh peaches, cucumber, apples, baby arugula and toasted walnuts with creamy Stone ground mustard herbed vinaigrette. Want a jar of HGTG’s delicious Stone ground mustard herbed vinaigrette OR “Sea” Caesar dressing? Get one with your Bag of Specials....Go to the Website [ORDER HERE](#) page and click on DRESSINGS. Both dressings are fabulous on EVERYTHING...seriously: salad, grains, beans, veggies and even pasta! 6 points per pint

A Yummy Testimonial: “You’ve changed my life!!! Thank you!” Brooke NY, NY

KASHA DISH: Potato-Kasha “Cheeze Burger”: Delicious baked kasha-potato burger filled with sautéed scallions, roasted garlic and onions topped with melted ‘cheddar cheeze’, walnut ‘parma cheeze’ and roasted tomatoes 7 points per pint (F)... We’ve frozen it and it’s definitely still delicious but if you can eat it before freezing...even better!



A Yummy Testimonial: “Hi Roni: I want to tell you that the burger dish this week was amazing. What a lovely combination of flavors!” Katherine Young, Albany, NY



VEGGIE DISH: Veggie Medley: A delicious, low cal yet filling Grab n’ Go dish... Sweet red beets with olive oil n’ roasted garlic served with carrots w. fresh

dill; sweet potato w. toasted sesame sauce and cabbage w. caraway...yum 4 points per pint F

A Yummy Testimonial: "...I have been following a vegetarian diet for years but, only recently, converted to the vegan diet. I am inspired that you can make "boring beans" into something so delicious. So, overall, Roni, thank you for the service you provide to the Hudson Valley region and thank you for all of the beautiful animals lives you have touched. Best, Laurie" Schenectady, NY

STEW DISH: Asian Vegetable Stew: Red lentils simmered with baby bok choy, broccoli, jasmine rice and scallions infused with ginger, sweet miso, toasted sesame and basil 4 points per pint F



A Yummy Testimonial: "Hi Roni I came to your restaurant twice this week. Yum!...Just finished the stew I bought. It was delicious! Thank you Shelley" Saugerties, NY



TART DISH: Savory baked herbed walnut-oat crusted tart filled with house made cashew basil 'ricotta cheeze' plus loads of sautéed sweet onions, farm fresh kale all garnished with our house made coconut 'bacon bits' 8 points per tart F

A Yummy Testimonial: "OMG. Loved the quiche, and the green sauce. What is the crust? I misplaced the description. (oats and nuts)...This basket of food was divinely inspired. How could you get oats and nuts in that crust to be so incredible?...Everything excellent". Lee Dobbs Ferry, NY

DESSERT: Chocolate Cake w. fresh Coconut "Whipped Cream" topped with raspberries Rich, dark chocolate cake topped with house made coconut "whipped cream" garnished with sweet raspberries 6 points per piece F



A Yummy Testimonial: "Roni, if you have two extra slices of the chocolate cake, we would love it! Your cakes are certainly the best we've ever had. Luis, Woodstock, NY

ADD Extras to your Bag this week...see below.
Dressing ~ Smoothies ~ Cake ~ Immune Shots

Dressing of the Week

Vegan "Sea" Caesar Dressing

Enjoy delicious salads all week long! Order a jar of decadent, vegan "Sea" Caesar Dressing. Great on salads, veggies, grains, beans...yes, even on pasta!



15 per jar.....16 oz. mason jar ~ Add one or more to your Bag

Yummy Testimonial: "You truly need to find a bottler/distributor for that sea ceasar 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 Green Cashew Kale Goddess

Rice milk, banana, kale, cashew, lemon/ginger juice, hemp seed, chia seed, young coconut oil and vanilla

\$15/per 16 oz. mason jar



A Yummy Testimonial: "... Your smoothie was SOOOO good and SOOO nutritious that I had half of it at 5 PM after work and it gave me so much energy that I literally could not fall asleep until 2 AM! Amazing! I will order one again and will savor it for breakfast or before the gym. Everything was great. " Gail Claverack, NY

Cake of the Week:

Chocolate Cake with Coconut Whipped Cream and Raspberries



\$7.00 per slice (whole cakes available with advanced notice)

Immune Boosting Shot of the Week

Ginger - Turmeric Immune Shot...Buy 3, get one FREE!

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...for \$10.00 (you'll get 4...one is FREE)

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