

Healthy Gourmet To-Go

Vegan meal delivery and catering company for 28 years and counting

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All made fresh by us, just for YOU!

MENU

8.5 dishes this week freeze well (“F” on lid means freezes well)

Points are an ode to Weight Watchers

Deconstructed “Lasagna”: Fusilli brown rice pasta layered with sautéed onions and broccoli rabe, homemade herbed tofu ‘ricotta cheeze’, tomato sauce infused with aduki beans, green peas all topped with “mozzarella cheeze” and homemade bread crumbs 13 points per quart F and Nut Free

A Yummy Testimonial: “Gorgeous meals! I take a few nibbles of things as I put them away! OMG. Those cheese triangles...🤤” Corinne Newburgh, NY

“TV Dinner” Plate: Walnut-dill crusted baked tofu tenders served over smashed garnet yams with fresh rosemary plus side of almond Romesco sauce and oven roasted turmeric cauliflower 10 points per quart F and NUTS (walnut/almond)

A Yummy Testimonial: “...Also if you can add 4 quarts of the chickpea Untuna would be great. I’m going to freeze two of them for the week that you’re off. I can live off that stuff!” Jason Saugerties, NY

Watermelon Gazpacho: Refreshing cool soup chock full of watermelon, apple, strawberries, red onion, mint, ginger and more! YUMMY as a light meal or snack! 3 points per pint F and Nut-Free

A Yummy Testimonial: “This gazpacho is like a mouthful of pure health. It assimilates right into the cells of the mouth, it is so pure.” Sara NP, NY

Mexican Salad: Layers of Coconut basmati rice, sautéed onions, herbed black beans, corn-red onion-mango-cilantro salsa and cilantro pumpkin seed pesto...YUM! 😊 6 points per pint F and Nut Free

A Yummy Testimonial: “Hi Roni! I just wanted to let you know that my boyfriend and I opened the package of food last night and everything looks amazing! We ended up having the Mexican Salad and I had some of the Untuna Salad as well. Then we had a little bit of the tapioca pudding too. They were all so delicious! We can't wait to try the rest! Best, Dena” NY, NY

Quinoa n’ “Crab-Cake”: Baby grilled tofu-veg “crab-cake” served with caper dill “tartar” sauce over quinoa tabbouleh chock full of diced cucumber, red onion, parsley, mint and lemon 7 points per pint 1/2F (tabbouleh not so great frozen) and Nut free

A Yummy Testimonial: “...Who needs to be anything other than vegan with delicious, healthy food like yours. Thank you. Waiting for your famous “crab cakes” 😊💕.” Len Woodstock, NY

Jumbo Indian Burger: Baked jumbo burger with lemon-currried chickpeas, coconut jasmine rice, roasted corn, toasted cashews and cilantro topped with curry “cream” and grilled cabbage 8 points per burger F and NUTS (cashew)

A Yummy Testimonial: “Omg, the Indian burger is FANTASTIC! I will totally order double of that next time, especially since it freezes well! And it's a complete protein, woohoo, double header! It would be super yummy with GF nan!” Cynthia Poughkeepsie, NY

Zucchini “Pasta”: Spiralized zucchini “noodles” and cherry tomatoes served with live kale salad, pickled red onion and stone ground mustard-carrot dressing...another perfect summer dish! 3 points per pint Nut Free

A Yummy Testimonial: “Btw, the Summer Bowl was unreal! So delicious and refreshing!” Susan Voorheesville, NY

Asian Noodle Bowl: Asian rice noodles tossed in a delicious parsley-basil-ginger-kale-sesame pesto topped with cumin green cabbage slaw and baked tempeh bits 6 points per pint F and Nut Free

A Yummy Testimonial: “...My son LOVED the Asian noodles. I didn't even get to taste them.” Rachel Mohegan, Lake, NY

Gentle Vegetable Stew: Delicious cannelloni bean and vegetable stew packed with carrots, sautéed onions, celery, garnet yam and kale garnished with fresh sage. Add extra pints to your Bag...this stew makes great meals any time of day. 3 points per pint F and Nut Free

A Yummy Testimonial: “That was the best stew ever - I could eat it every day- are your recipes trade secrets?” Katrina Saugerties, NY ****Yes, Katrina...until the cookbook comes out!

Chocolate Cake, Chocolate Coconut Cream and Raspberries: Yummy chocolate cake topped with rich n’ creamy chocolate coconut cream and vanilla marinated raspberries. You won’t believe its gluten free...but it is and it freezes really well! 6 points per piece F and Nut Free

A Yummy Testimonial: “We love so many of your HGTG meals and whenever we see your cake arrive it bumps up our mood a notch in anticipation! Yum! Hugs and love, Bob” NY, NY

ADD Extras to your Bag at check out.

Here are a few items to add:

Dressing, Smoothies, Sammies, Untuna, Cakes, Shots

Sandwich of the Week:



Stuffed Grilled ‘Cheeze’

Scrumptious Grilled “Cheeze” Sandwich stuffed with avocado and kalamata olives (yum) on grilled flax-buckwheat bread

\$15 ...per sandwich (nut free)

A Yummy Testimonial: “We loved the smoothies as usual. The stuffed grilled cheese was delicious.” Becky Dunellen, NJ

Dressing of the Week *Vegan “Sea” Caesar Dressing*



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

\$15 per jar ...16 oz. mason jar (cashew)

A 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, NY

Smoothie of the Week *Strawberry Butter Pecan Smoothie*

Rice milk, banana, strawberry, pecan, date, hemp/flax seed, coconut oil, vanilla

\$15/per jar ...16 oz. mason jar



A Yummy Testimonial: "...I had the smoothie, and it was delicious- thank you. So great for me to be able to give my family food without me having to do it all. Shabbat Shalom, Joanna" New Paltz, NY

Cake of the Week:

Snickerdoodle Chocolate Cake with Peanut Butter Mousse

OR

Chocolate Cake with Chocolate Coconut Cream and Raspberry



\$7.00 per slice (peanuts)

A Yummy Testimonial: "BTW, forgot to tell you that pumpkin cake was outrageous! I had to eat soy ice cream after just to calm down my taste buds! Manny" Montclair, NJ

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...for \$10.00 (plus 1 FREE)

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

