

Healthy Gourmet To Go

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

12 Market St. Saugerties, NY ~ info@HealthyGourmetToGo.com ~ 914-388-2162

Ready to Eat Meals Right to Your Door Tuesday or Wednesday (menu below)

Café Open for Curbside Take Out Monday and Tuesday 11-6 (call for menu)



July 20 (local) or July 21 (not so local)

9 Dishes that freeze well have an “F” on lid

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

MENU for 7.20 and 7.21:

Pasta Bolognese Plate: Delicious, hearty bolognese “faux meat sauce” served with brown rice fusilli pasta. Chunky and delicious sauce simmered with roasted tomatoes, chickpeas, portabella mushrooms, vegetables and fresh basil topped with house made dairy free-walnut ‘parmesan cheeze’ ... delish! 12 points per quart F and NUTS (walnuts in ‘parma’)

Veggie Plate: Oven roasted spaghetti squash with olive oil n’ breadcrumbs, carrot logs with dill, roasted beets w. thyme and grilled sweet onions 3 points per quart F and Nut Free

A Yummy Testimonial: “Now there r 3 things u can count on: Death, Taxes and Roni’s amazing Vegan food!!” Corinne Newburgh, NY

Cleansing Vegetable Soup: Healing, low cal and delicious cabbage, vegetable soup with garnet yams, carrots, celery, onions, tofu and kale with fresh dill ...Order extras at check out and enjoy this daily to cleanse, snack on and/or lose some extra pounds 4 points per pint F and Nut-Free

Avocado Club Sandwich: Grilled buckwheat flax bread topped with garbanzo parsley pesto, chopped olives, avocado, sprouts, sunflower seeds, stone ground mustard, lettuce and cucumber 7 points per pint Nut Free

Lentil “Chopped Liver” Pate: Cool lentil-walnut pate (vegan chopped liver better than Grandma used to make *and* cruelty free) served with raw crudités 5 points per container F and NUTS (remove raw veggies to freeze)

Pad Thai Noodles: Delicious Thai peanut-ginger sauce tossed with rice noodles topped with oven roasted turmeric cauliflower garnished with chopped peanuts 7 points per pint F and NUTS (peanuts)

Stuffed Portabella Mushroom: Toasted walnut, quinoa and vegetable stuffed portabella mushroom with fresh basil topped with cheddar cheeze. You simply bake to perfection for a divine dish! Yum! 5 points per shroom F and NUTS (walnut)

Indian Burger: Grilled jumbo burger with lemon-currried chickpeas and coconut jasmine rice, roasted corn n’ cashews plus fresh cilantro topped with curried cream and grilled cabbage 8 points per burger F and NUTS (cashews)

A Yummy Testimonial: “Thank you for all the yummy food...The Indian burgers were SO GOOD!!! “ Laura Williamsburg, NY

Pupusa de Pinto Perfecto: Handmade oven roasted Guatemalan corn Pupusa filled with sautéed onions and pinto beans served with shredded greens and side of mustard chive sauce 6 points per pint F and Nut Free

Pumpkin Spiced Chocolate Chip Cake: Delicious pumpkin spiced cake studded with dark chocolate chips topped with cinnamon-pecan streusel topping...Yum! *IF you’re Jonesin’ for chocolate cake, you can add some to your order at checkout.* 7 points per piece F and NUTS (pecans)

A Yummy Testimonial: “Pumpkin cake: 🙌🙌🙌🙌” Daryl Highland, NY

Add Extras Below to your Bag at Check Out

Dressings, Smoothies, Cakes, Shots

Dressing of the Week

Vegan “Sea” Caesar Dressing AND ANY other Dressings on the menu!

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

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, N

Smoothie of the Week

Green Goddess Kale Smoothie

Rice milk, bananas, blueberries, cashews, lemon, ginger, young coconut oil, hemp seeds, dates and vanilla...yum!

\$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 Raspberries and Chocolate Coconut Cream

\$7.00 per slice

A Yummy Testimonial: “I ate that whole chocolate cake yummy yummy I saved none for M. Thank you 🙏”.
Rhoney Woodstock, 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...for \$10.00 **plus ONE FREE**

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