

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 27 (local) or July 28 (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

Pasta Primavera Plate: Brown rice fusilli pasta primavera with sweet green peas, sautéed onions, kale, capers, fresh basil and sautéed zucchini all topped with baked broccoli bits and house made cashew basil ‘ricotta cheeze’ 12 points per plate F and NUTS (cashew)

A Yummy Testimonial: ”Roni, Your food is AMAZING! As we were eating our dessert after a tasty dinner of pasta primavera (best I have ever had) my husband said "This is the way food should be." I usually do not like pesto because it is oily and heavy; yours was heavenly! Thanks so much for being good at what you do. We love it!” Caryn Poughkeepsie, NY

Tofu “Fish” Sticks Plate: Oven baked tofu “fish” sticks served with chunky smashed red potatoes with rosemary and scallions plus cumin cabbage slaw with side of caper-dill “tartar” sauce 10 points per quart 1/2F and Nut Free

Thai Coconut Curried Noodles: Delicious coconut curried broth simmered with mushrooms and onions served over rice noodles garnished with red pepper, scallions and fresh cilantro 7 points per pint F and Nut Free

A Yummy Testimonial: “Oh my gosh by the way - that STEW! I opened it to taste it when we got home and ate every last bite. SO yummy!” Beth Woodstock, NYU

Cleansing Cool Cucumber Gazpacho: Creamy blended raw, cool, organic, refreshing soup filled with cucumber, mint, red onion, cilantro, basil, lemon, mango, avocado and more...garnished with slivers of cucumber, hemp seeds and sprouts 1 point per pint F and Nut Free

Mexican Tart: Oat nut crusted baked tart filled with black beans, cumin smashed yams, roasted corn and cilantro sunflower seed pesto drizzle 9 points per quart F and NUTS (walnuts)

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

Polenta Bites n’ Broccoli Rabe: Roasted rosemary n’ cheddar cheezy polenta bites served with parsley walnut pesto on a bed of cabbage n’ broccoli rabe 5 points per pint F and NUTS (walnuts)

Greek Detox Dish: Tahini drenched garbanzo beans served with marinated red onion/cucumber salad, black olives and kale salad 5 points per pint Nut Free

A Yummy Testimonial: “Loved the quinoa this week and the quesadilla and rice and beans. I have been swamped with work so having healthy food around is invaluable!! Thanks so much for all your time and care. Best, Melissa” New York

Soothing Stew: Red lentils simmered with butternut squash, carrots, onion, celery, corn and brown rice garnished with fresh basil...Simple, delicious, hearty and so good for you! 5 points per pint F and Nut Free

Tofu Scramble Italiano: Stir fry tofu with onions, olives, kale, capers, broccoli and fresh basil served on bed of lemon-chive quinoa. Want a side of Grilled Bread to go with your Scramble? Order one at check out! 7 points per pint (not including bread- sold separately) F and Nut Free

Chocolate Cake Chocolate Cream and Raspberries: Dark, rich chocolate cake topped with chocolate coconut cream and vanilla infused raspberries. It's gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and NUT FREE

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

Strawberry Chia Monkey

Rice milk, bananas, strawberries, freshly ground peanut butter, chia seeds, flax seeds 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 Chocolate Coconut Cream and Raspberries

\$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