

# Healthy Gourmet To Go

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

12 Market St. Saugerties, NY ~ [info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162

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

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

Cafe Open For Curbside Take Out Monday and Tuesda



## Menu July 7th/8th

**8** dishes freeze well this week “F” on lid means the dish freezes well  
For weight watching folks check out the number of points noted after each dish

**Thai Tofu Plate:** Grilled sweet plantains (never sugar added) served with baked Thai coconut tofu tenders over brown rice with fresh chives and side of avocado, corn, red onion guacamole 12 points per quart F and Nut-Free

**Summer Pasta Plate:** Brown rice fusilli pasta with lemon-wilted kale and capers, tomatoes, toasted walnuts, fresh basil, and sautéed onions topped with our house made cashew-basil ‘ricotta cheeze’ and surprise grilled veggies F and NUTS (walnuts/cashews)

**A Yummy Testimonial:** “The food is delicious! And it is beautiful too. The service is exceptional. I highly recommend Healthy Gourmet to Go!” Catherine Saugerties, NY

**Tuscan Tomato-Rice Soup:** Roasted tomato and basmati rice soup with onion, celery, kale, carrots, sautéed garlic, escarole and fresh basil topped with house made walnut-thyme “parma cheeze” 5 points per pint F and NUTS (walnuts)

**A Yummy Testimonial:** “Hi! That tomato soup is AHMAZINGGGGG! E and I both gobbled up a whole container. Can't wait to have more tonite! Thank you!” Carolyn Saugerties, NY

**“Sea” Caesar Salad:** Hearts of Romaine lettuce topped with toasted cashews, cucumber, marinated red onion, olives and delicious, creamy,

addictive 'Sea' caesar cashew cream 6 points per quart NUTS (cashews)  
... *Want a jar of our delicious "Sea" Caesar dressing? Order a jar on the website when you choose your Bag, along with other extras like Untuna (great on salad), smoothies, extra cake... "Sea" Caesar dressing is also divine over grains, beans, veggies and even pasta! It comes in a reusable 16 oz. mason jar.*

**Indian Butternut Squash Tart:** Oat nut crusted baked tart filled with oven curried roasted butternut squash, sautéed onions, wild rice and curried cilantro-coconut drizzle F and NUTS (walnuts)

**A Yummy Testimonial:** "Soon, we will eat one of your wonderful dishes and then take a nice walk. You give me nights off!" Michele Purling, NY

**White Bean-Potato Stew:** Creamy white beans simmered with Yukon potatoes, kale, capers, green peas, cabbage and fresh rosemary n' basil 5 points per pint F and Nut Free

**Asian Thai Basil Noodles:** Rice noodles in a Thai sesame basil-ginger kale sauce topped with marinated pressed sesame cucumber salad sprinkled with toasted pumpkin seeds 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

**Very Veggie:** Summery, cool dish...bed of broccoli with olive oil, live/raw kale salad and rice n' creamy roasted red pepper-almond Romesco... 3 points per pint F and NUTS (almonds)

**Souen Quinoa Bowl:** Scallion-sesame quinoa with umeboshi steamed kale and carrot sesame ginger sauce 5 points per pint F and Nut-Free

**Chocolate Cake with Coconut "Whipped Cream" and Strawberries:** Dark, rich chocolate cake topped with coconut cream and strawberries ...Gluten free, vegan, freezes well AND it's delicious even frozen... Order extras! 6 points per piece F and Nut Free

**A Yummy Testimonial:** "Last week's cake was amazing! Thank you very much!" Susan Voorheesville, NY

**Add Extras to your Bag**

# *Dressing, Smoothies, Cakes, Shots*

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

Enjoy delicious salads all week long!

Order a jar of decadent, creamy, 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, NY

## **Smoothie of the Week: Raspberry Chia Peanut Butter Monkey**

Rice milk, bananas, raspberries, freshly ground peanut butter, cocoa, chia 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 w. Coconut Cream and Strawberries**

\$7.00 per slice

**A Yummy Testimonial:** “Hi Roni, ...The food is wonderful, so nice and fresh! And the chocolate cake is to die for :) ...Thanks again, Samantha” NY, 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