

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 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 Tuesday



immune Boosting Meals Delivered So You Can Stay In June 9th and 10th (local and not so local) Deliveries

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

Pasta Bolognese Plate: Delicious, hearty bolognese “faux meat sauce” served with brown rice pasta. Chunky and delicious with roasted tomatoes, chickpeas, mushrooms, vegetables and fresh basil topped with house made dairy free-walnut “parma cheeze” ... delish! 10 points per quart F and NUTS (walnuts in “parma”)

Tofu “TV Dinner” Plate: Walnut crusted baked tofu tenders served over chunky smashed garnet yams and broccoli with roasted garlic n’ olive oil with side of creamy almond roasted red pepper Romesco 10 points per quart F and NUTS (walnuts/ almonds)

A Yummy Testimonial: “TV Dinner...Super Yum! Roni, really enjoyed the TV dinner with breaded tofu sticks and potatoes with scallions. Something both my son and I like! Becky“ Dunellen, NJ

Tuscan Brown Lentil Soup: Brown lentils simmered with onions, potatoes, kale, capers, olives, green peas and fresh basil 5 points per pint F and Nut Free

A Yummy Testimonial: “Hi Roni, We LOVED all the food and treats! Absolutely delicious...Best, Cris”
Whitestone, NY

“Sea” Caesar Salad: Hearts of Romaine topped with tomato, olives, cashew ‘feta cheeze’, roasted broccoli and “Sea” Caesar creamy dressing (**BUY:** an extra jar of the dressing when ordering!) 4 points per quart NUTS (cashews)

Cauliflower Stew: Yummy stew packed with cauliflower plus white beans, basmati rice, sautéed onions and roasted garlic topped with mint pesto 6 points per pint F and Nut Free

A Yummy Testimonial: “I have been loving the meals from Healthy Gourmet to Go”. Jennifer Newark, NJ

Mexicali Quinoa: Quinoa sprinkled with black beans, avocado and corn with a lemon cilantro sauce topped with a grilled onion-chive plantain fritter 8 points per pint Nut Free

Israeli Chickpea Salad: Cool salad chock filled with cucumber, chickpeas, red onion, tomato, olives, parsley and kale in a delicious herbed Mediterranean dressing 5 points per pints Nut-Free

A Yummy Testimonial: “I slept through the night for the first time in years...Thank God for you Roni...you are providing for me a bit of mothering that I’ve lacked! Good food in the fridge that I don’t have to worry about ...so nice (: And some tears for the animals I suffer for every day...” Sara New Paltz, NY

Pad Thai Rice Noodles: Delicious Thai peanut-ginger sauce tossed with Thai rice noodles topped with raw cumin kale salad garnished with chopped peanuts 7 points per pint F and NUTS (peanuts)

Pesto “Pizza” Casserole: Short grain brown rice casserole filled with sautéed onions, kale and basil topped with roasted cherry tomatoes, “mozzarella cheeze” and parsley-walnut pesto 9 points per large piece F and NUTS (walnuts)

Chocolate Cake with Coconut Whipped Cream and Raspberries: Dark, rich chocolate cake topped with creamy chocolate coconut whipped cream and raspberries... Gluten free, vegan, freezes well AND it’s delicious even frozen)... Order extras! 6 points per piece F and Nut Free

A Yummy Testimonial: “Cake is awesome! Seriously best ever. We have about 1/3 left for tomorrow. I don't know how you do it...How many ways can I spell delicious? Martha, Mt. Kisco, NY

Add Extras to your Bag

Dressing, Smoothies, Cake, Shots

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

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: **Green Goddess Smoothie**

Rice milk, bananas, cashews, kale, dates, ginger, lemon juice, hemp seeds, coconut oil 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. Raspberries and Coconut Cream**

\$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

