

# Healthy Gourmet To-Go

-Cruelty Free, Gluten Free, Organic Weekly Meal Delivery Company-

For 25 years delivering delicious, compassionate, clean, cuisine right to your door  
Packed in plant-based containers and made with love!  
info@HealthyGourmetToGo.com 914-388-2162

Vegan GF Cafe OPEN to the Public Mondays and Tuesdays 11AM to 6PM



**Next Delicious Delivery: Wednesday, June 12**

## Is this your first order?

Please contact us before making your online order/payment to establish your Delivery Zone fee.

If you and a friend order your first Bags together this week you'll both get \$20 OFF your Bags!  
There's a one time, non-refundable packaging fee of \$15 (as long as bag/ice are returned weekly).

*Check out the special monthly Prepay discounts for BIG savings!*

**9** dishes freeze well "F" this week

Points are an ode to Weight Watchers for those of you 'watching'



**Primavera Pasta n' "Ricotta":** Brown rice fusilli pasta tossed with sautéed onions, beefsteak tomatoes, wilted kale, roasted garlic, fresh basil and sweet green peas all topped with roasted asparagus and house-made cashew-basil ricotta "cheeze" 12 points per quart F and NUTS

**Yummy Testimonial:** "I'm on meal four so far and it's all been delicious! I had the pad Thai last night, the chia shake for bfast, the vegan Cobb today for lunch, and now I'm having some ratatouille pasta. Really it's all delicious!" Kristin Roosevelt Island, NY

**Asian "TV Dinner" Plate:** Sesame crusted baked tofu slices served over short grain brown rice w. ginger-scallion sauce tossed with sweet pepper slivers topped with roasted corn on the cob and side of scrumptious carrot ginger sesame dressing. *You can order a pint of the dressing...\$15/pint. OMG, it's delicious on salads, grains, veggies, etc...* 10 points per quart F and Nut-Free



**A Yummy Testimonial:** “delicious!omg the Mexican dish was so FRESH tasting and the rice was perfect!! also dug into the tapioca oh my gosh so yummy, so many layers of flavors in both dishes. the rest went into the freezer or waiting to be eaten for lunch tomorrow. you are an amazing cook!!!! this is very exciting...” Leslie Pleasantville, NY

**Tuscan Cannelloni Leek Soup:** Shallots, leeks and sweet onions sautéed with garlic n’ olive oil simmered with white cannelloni beans, kale, kalamata olives and capers drizzled with fresh rosemary oil 5 points per pint F and Nut-Free



**A Yummy Testimonial:** “The stew this week was killer. I did not share any of it. It was too good to share. Best, Kate” Woodstock, NY



**Chickpea UN-Tuna Salad:** Chickpeas tossed with carrots, celery, pecans, raisins, red onion and fresh dill ...yum! *This dish makes a great lunch for the kids young and old! Get additional 8 oz. containers for \$5.00 each. Toss one in a lunch box with some cut up veggies, bread, crackers or lettuce leaves to ‘roll your own’. Add dessert and you’ll have happy campers who devour their lunches.* 6 points per pint F and NUTS

**Yummy Testimonial:** “My family is loving the Un Egg and the Lentil Pate in particular.” Jeannie Scarsdale, NY

**Mexican Layers of Yumminess:** Coconut-chive infused quinoa, layered with sweet baked plantain fritters, cumin-lime avocado-mint guacamole, shredded greens and marinated tomato garnished with toasted pumpkin seeds... delicious, filling, Grab n’ Go meal! 6 points per pint Nut-Free



**A Yummy Testimonial:** “You’ve changed my life! Thank you!” Brooke NY, NY

**VEGGIE DISH: Veggie Medley:** *A delicious, low cal yet filling Grab n’ Go dish...* Sweet red beets with olive oil n’ dill, served with carrot logs with lemon and garlic and roasted cauliflower...yum 4 points per pint F and Nut-Free



**A Yummy Testimonial:** “Hi Roni: I want to tell you that the burger dish this week was amazing. What a lovely combination of flavors!” Katherine Albany, NY

**Irish “Beefy” Mushroom Stew:** Delicious portabella mushrooms sautéed with onions and celery stewed with potatoes, carrots, Brussels sprouts, green peas and fresh thyme 3 points per pint F and Nut-Free



**Lentil ‘Faux Foie Gras’:** Cool lentil-walnut pate’ (vegan ‘chopped liver’) served with raw crudites (carrot, cucumber) 5 points per container F and NUTS (remove raw veggies to freeze the pate’)



**A Yummy Testimonial:** “Hi Roni I came to your restaurant twice this week. Yum!...Just finished the stew I bought. It was delicious! Thank you. Shelley” Saugerties, NY

**TART DISH:** Savory baked herbed walnut-oat crusted tart filled with ‘mozzarella cheeze’ and roasted tomatoes over assorted greens drizzled with basil oil. Simply bake 10-15 mins. at 350 to melt ‘cheeze’ and roast yummy tomatoes...fun! 8 points per tart F and NUTS



**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



**Chocolate Chip Matcha Green Tea Cake:** Delicious coconut flour cake infused with green matcha tea and chocolate chips topped with raspberry coconut cream 7 points per piece F and Nut-Free

**A Yummy Testimonial:** “Roni, if you have two extra slices of the chocolate cake, we would love it! Your cakes are certainly the best we’ve ever had. Luis, Woodstock, NY

**ADD Extras to your Bag this week...see below.**  
*Dressing ~ Smoothies ~ Cake ~ Immune Shots*

### **Dressing of the Week**

#### **Vegan “Sea” Caesar Dressing**

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



15 per jar.....16 oz. mason jar ~ Add one or more to your Bag

**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 Cashew Kale Goddess

Hemp milk, banana, kale, cashew, lemon/ginger juice, hemp seed, chia seed, young coconut oil and vanilla

\$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:

### Coconut Green Matcha Chocolate Chip Cake w. Raspberry Cream



\$7.00 per slice (whole cakes available with advanced notice)

## Immune Boosting Shot of the Week:

### Ginger - Turmeric Immune Shot ...Buy 3, get one FREE!

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 (you'll get 4...one is FREE)

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

