

Healthy Gourmet To-Go

Vegan meal delivery and catering company for 28 years and counting

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Yummy Menu for June 21/22 Delivery or Pick Up



All made fresh by us, just for YOU!

MENU

8 dishes this week freeze well ("F" on lid means freezes well)

Points are an ode to Weight Watchers

Chipotle "Fish" Sticks Plate: Oven baked chipotle-walnut coated tofu "fish" sticks with side roasted salsa verde on bed of coconut jasmine rice n' peas plus sautéed zucchini and sweet onions 11 points per quart F and NUTS (walnut)

A Yummy Testimonial: “Hi Roni,... I just can't tell you how much I love the food and the ease it creates for me. Thanks again, Maurine” Pleasant Valley, NY

“Bolognese” Pasta Plate: Delicious, hearty “faux meat” sauce served with brown rice fusilli pasta. Chunky and delicious, this sauce is 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 (walnut in “parma”)

A Yummy Testimonial: “You are helping me to become vegan and that is blessing my soul! God bless you 🙏” Kim Latham, NY

Coconut Curry Red Lentil Soup: Creamy coconut curry red lentil and sautéed onion soup with celery, butternut squash and carrots garnished with broccoli and fresh chives 5 points per pint F and Nut Free

A Yummy Testimonial: “OMG, just got home and devoured the curry soup. Beyond amazing 😍😍.” Julia Poughkeepsie, NY

Mediterranean Salad (Warm or Cold): Lemon-mint quinoa tabbouleh spiked with cucumber n’ capers topped with cilantro-chickpea hummus, kalamata olives, Za’atar spiced beet salad and parsley-cumin tahini 7 points per pint Nut-Free

Italian Stuffed Portabella: Italian spiced stuffed portabella mushroom filled with short grain brown rice, basil, sautéed onions topped with “mozzarella cheeze” served on bed of lemon-mint, roasted carrots. Bake your mushroom to perfection for a divine dish! Some even like it raw and uncooked! 6 points per shroom F and Nut Free

A Yummy Testimonial: By the way, that stuffed portabello dish in this week’s bag was out of this world. One of your best... Manny Montclair, New Jersey

Tofu “UNegg” Salad: Yummy tofu salad with scallion, celery, red onion and “mayo” with fresh dill...delish with a fork, rolled in lettuce or served on toast...yum! The perfect summer dish. 6 points per pint F and Nut Free

A Yummy Testimonial: “Roni, We couldn't be happier. I am already addicted to the unegg salad...” Pat Troy, NY

Asian Burger: Jumbo baked burger with toasted sesame brown rice, mung beans, nori seaweed, sautéed scallions n’ onions and toasted

sunflower seeds topped with carrot sesame ginger sauce and grilled cabbage 8 points per burger F and NUTS

Summer Bowl: Spiraled zucchini “pasta noodles” served with parsley walnut pesto, marinated cucumber, pickled red onion and baby arugula garnished with house made dairy free-walnut “parmesan cheeze”...the perfect Summer Bowl! 3 points per pint NUTS (walnut)

A Yummy Testimonial: “Thanks Roni for your amazing food!” “I’m thoroughly enjoying the kale salad and Brussels sprouts from the Mexican salad for lunch! Delicious! ...So fresh, so good! ♥” Yvette Woodstock, NY

Macaroni and “Cheeze” Penne brown rice pasta with delicious, “cheezy” sauce n’ “cheeze,” plus grilled onions and house made breadcrumbs! Yum. 7 points per pint F and Nut-free

A Yummy Testimonial: “What would we do without our Thursday night mac n’ cheeze? Our favorite among so many other great dishes. Love you, Roni!” Barbara W. Saugerties, NY

Chocolate Snickerdoodle Cake: Nut free, gluten free, dark, rich chocolate cake topped with scrumptious freshly ground peanut butter mousse garnished with candied peanuts. It’s gluten free, vegan, freezes well AND it’s delicious! Order extras! 7 points per piece F and NUTS (peanut)

ADD Extras to your Bag at check out.
Here are just a few items of the items to add:
Dressing, Smoothies, Sammies, Untuna, Cakes, Shots

Sandwich of the Week:

Stuffed Grilled ‘Cheeze’

Scrumptious Grilled “Cheeze” Sandwich stuffed with avocado and kalamata olives (yum) on grilled flax-buckwheat bread



\$15 ...per sandwich (nut free)

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 (cashew)

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

Chocolate Chia Monkey Raspberry Smoothie

Rice milk, banana, raspberries, fresh ground peanut butter, cocoa, hemp/chia seeds, vanilla

\$15/per jar ...16 oz. mason jar



A Yummy Testimonial: "... I had the smoothie, and it was delicious- thank you. So great for me to be able to give my family food without me having to do it all. Shabbat Shalom, Joanna" New Paltz, NY

Cake of the Week:

Snickerdoodle Chocolate Cake with Peanut Butter Mousse



\$7.00 per slice (peanuts)

A Yummy Testimonial: "BTW, forgot to tell you that pumpkin cake was outrageous! I had to eat soy ice cream after just to calm down my taste buds! Manny" Montclair, NJ

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 1 FREE)

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

