

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 daily menu)



Delivery Menu

June 22 (local) or June 23 (not so local)

9 Dishes that freeze well have a “F” on lid

For weight watching folks check out the number of points noted after each dish

MENU

Tofu “Fish” Sticks Plate: Oven baked toasted coconut tofu “fish” sticks with side of Romesco almond-roasted red pepper sauce, served with turmeric roasted cauliflower and chunky smashed Yukon gold potatoes with thyme sautéed onions 10 points per quart 1/2F and NUTS (almond in cup)

Ratatouille n’ Pasta Plate: Zucchini simmered with tomatoes, sweet onions and red pepper with creamy white beans and fresh basil served with brown rice fusilli pasta garnished with broccoli rabe in olive oil and lemon 9 points per quart F and Nut-free

A Yummy Testimonial: “Hi Roni, ...do you have any **RATATOUILLE** left over from last week’s menu where we can possibly order seconds? It was amazingly delicious!” Jeanette Kinston, NY

Split Pea Soup: Green split peas simmered with carrots, garnet yams, celery and fresh dill 5 points per pint F and Nut Free

Lemon Rosemary Broccoli Cakes: Baked savory broccoli n’ vegetable cakes served with shredded greens and creamy carrot mustard sauce 5 points per pint F and Nut Free

Indian Burger: Jumbo baked burger with lemon-currried chickpeas and coconut basmati rice, roasted corn n’ cashews plus fresh cilantro topped with curried cream and grilled cabbage 8 points per burger F and NUTS (cashews)

A Yummy Testimonial: “Thank you for all the yummy food... 🥰 BTW - The Indian burgers were SO GOOD!” Laura Williamsburg, NY

Tofu UN-Egg Salad: Delicious tofu UN-Egg salad filled with scallion, celery, red onion, ‘mayo’ and fresh dill. NOT doing tofu? Please let us know and we’ll take care of you. We’ll swap this dish for chickpea UN-Tuna (pecans) or another stew. Want UN-Egg and UN-Tuna? Simply add an additional pint or quart of one/the other or both at check out online! 6 points per pint F and Nut-Free

Spaghetti Squash Italiano: Light and lovely spaghetti squash tossed with green peas and olive oil topped with sunflower seed-sage pesto and a layer of Lima beans garnished with ‘parma cheeze’ 7 points per pint F and NUTS (walnuts)

Mexican Salad: Warm black bean pasta with sautéed onions topped with cilantro pumpkin seed pesto finished with kale salad tossed with red onion, tomato and avocado...YUM! 😊 6 points per pint Nut Free

Asian Pasta n’ Broccoli: Thai rice noodles in herbed toasted sesame dressing with sautéed broccoli n’ bok choy garnished with hemp and toasted sesame seeds 5 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

Raspberry Chocolate Cake: Dark, rich, fudge chocolate cake topped with coconut raspberry cream and raspberries. Gluten free, vegan, freezes well AND it's delicious! Order extras! 7 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 of the other Dressings!

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 **Chocolate Butter Pecan**

Rice milk, bananas, pecans, cocoa, young coconut oil, hemp seeds, flax seeds, dates 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 Raspberry 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