

Healthy Gourmet To-Go

Vegan meal delivery and catering company for 28 years and counting

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Yummy Menu for June 28/29 Delivery or Pick Up



**Please note there will be NO delivery week of
July 4th. Order extras and freeze them!**

All made fresh by us, just for YOU!

MENU

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

Points are an ode to Weight Watchers

Pasta n' "Meatballs" Plate: Delicious baked "Meatballs" (short grain brown rice n' black bean) served over brown rice fusilli tossed with kale, sautéed onions, green peas and broccoli with spinach-basil walnut pesto 12 points per quart F and NUTS (walnut)

A Yummy Testimonial: Hi Roni, Just want to say thank you for our amazing starter bag! We absolutely love the food and are so excited about this service. I think this will truly improve our quality of life during our busy work year by so so much! Ruth Rhinebeck, NY

Veggie Plate: Grilled onion rings served over super delicious turmeric baked cauliflower, yummy carrots logs with lemon-dill sauce and chive n' roasted garlic potato salad ...yum. 5 points per quart F (except for potatoes) and Nut Free

A Yummy Testimonial: "...you are slowly turning me into a vegan- i never knew vegan food can taste so good! Kristen" Delmar, NY

Chunky Vegetable Gazpacho: Perfect summer dish! Chunky gazpacho blended with tomato, cucumber, carrot, onion, celery with lemon and fresh basil ...so refreshing! 1 points per pint F and Nut Free

A Yummy Testimonial: "This gazpacho is like a mouthful of pure health. It assimilates right into the cells of the mouth, it is so pure." Sara NP, NY

Mediterranean Sandwich: Grilled buckwheat flax bread stuffed with parsley-lemon chickpea hummus, kalamata olives, cucumber, grated beets, stone ground mustard, lettuce and pickled red onions 7 points per sandwich Nut Free

A Yummy Testimonial: "Looking forward to those luscious meals." Corinne Newburgh, NY

Thai Tofu n' Kale Salad: Baked sliced tofu smothered in Thai basil, sesame, ginger pesto served over live-raw kale salad with divine orange Thai curry dressing 7 points per pint Nut Free

A Yummy Testimonial: "Roni, we loved everything!! The Greek salad especially was sooo good!!! We're traveling this week but I'll be making an order next week when we're back!" Christine Saugerties, NY

Pad Thai Noodles: Thai rice noodles (delicious cold and even better hot) tossed with creamy homemade peanut Thai sauce topped with cumin cabbage slaw garnished with chopped peanuts...Yum! 7 points per pint F and NUTS (peanuts)

A Yummy Testimonial: "Bury me in a vat of your Pad Thai and I'll be happy for the rest of my life!..." Carolyn New Baltimore, NY

Japanese Sushi: Toasted sesame short grain brown rice filled nori with pickled red onion, grated carrot, tempeh 'bacon,' cucumber, stone ground mustard, and gomoshio served on bed of braised Asian spiced cabbage and side of toasted sesame-tamari vinaigrette 5 points per pint Nut Free

A Yummy Testimonial: "...Btw - the sushi is INSANE! It's SO good!! And the dressing it comes with. Wow. Please can it be on the menu more regularly?! 😍😍😍..." Laura Williamsburg, NY

Coconut Curry Tofu Stew: Tofu simmered in a coconut curry broth with portabella mushrooms, onions, shallots, kale, basmati rice and green peas garnished with fresh cilantro and scallions 7 points per pint F and Nut Free

A Yummy Testimonial: "Hi Roni, Your food is changing life for my family! Thank you for your delicious meals. I feel the love as I eat them. Have a lovely evening, Caroline" Highland, NY

Falafel Dish: Baked-not fried, delicious herbed chickpea falafel served with Israeli salad: quinoa spiked with olives, tomato, red onion, parsley and mint with cumin mustard tahini sauce 7 points per pint Nut-Free

A Yummy Testimonial: "...Also best falafel ever." Steve New Windsor, NY

Coconut Tapioca Pudding: Creamy, rich, decadent, coconut, scrumptious tapioca pudding topped with dark chocolate coconut sauce and chopped strawberries...yum! If you're TOTALLY wanting chocolate cake instead, we can swap a slice OR you can order extra of one or both! 6 points per 12 oz. F and Nut Free

A Yummy Testimonial: "That tapioca pudding...OMG! It's so delicious that it's dangerous! xj" Joan Woodstock, NY

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)

***A Yummy Testimonial:** “We loved the smoothies as usual. The stuffed grilled cheese was delicious.” Becky
Dunellen, NJ*

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
Kale Green Goddess Smoothie

Rice milk, kale, banana, cashews, date, ginger, coconut oil, lemon, 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

OR

Chocolate Cake with Chocolate Coconut Cream and Strawberries



\$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