

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 2nd and 3rd (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

Mexican Madness Plate: Cheezy grilled corn tortilla quesadilla served with pinto beans simmered with sautéed onions, plantains and basmati rice with side of avocado, onion and cilantro salsa and chipotle roasted cauliflower 10 points per quart F and Nut Free

Prima Veggie Pasta Plate: Brown rice fusilli filled with sautéed onions, fresh basil, green peas, vine ripened tomatoes and wilted kale topped with grilled zucchini and cashew-basil ‘ricotta cheese’ 10 points per plate F and NUTS (cashews)

A Yummy Testimonial: ““We’re so grateful fir the delicious healthy dishes you create. What a blessing! Bless you 😊. Dorothy” NY, NY

Indian Mulligatawny Soup: Indian spiced red lentil soup with sweet apples, cauliflower, lemon, sautéed onions/garlic and cilantro 4 points per pint F and Nut Free

A Yummy Testimonial: "...loving kisses and hugs... and a world of thanks for YOU being the transforming consciousness... that works tirelessly to educate sleeping humanity... and all the while feed us the most delicious meals... we love you!!! XOXOXO." Carol Saugerties, NY

Asian Kale Salad: Hearts of Romaine and massaged raw tuscan kale topped with navel oranges, toasted sunflower seeds and sprouted brown lentils served with carrot ginger sesame dressing 4 points per quart Nut Free

Rosemary Mustard Pecan Quinoa: Nutty, high protein quinoa filled with sautéed green cabbage and toasted pecans with creamy rosemary mustard dressing 6 points per pint F and NUTS (pecans)

Savory Tuscan Tart: Baked oat-walnut crusted tart filled with 'mozzarella cheeze' cannelloni beans, kalamata olives and parsley-walnut pesto 10 points per quart F and NUTS (walnut)

Calabacitas Stew: Stewed zucchini and Lima beans with onions, jasmine rice and corn finished with fresh chives 6 points per pints F and Nut-Free **...Please enjoy this dish by Saturday if not freezing. This dish is wonderful any meal of the day.**

A Yummy Testimonial: "Everything has been fantastic!!!! Thank you for saving my sanity!" Susan Voorheesville, NY

Jumbo Indian Burger: Grilled jumbo burger with lemon-curried chickpeas and basmati rice with chives and corn topped with cilantro pumpkin seed pesto and grilled cabbage 8 points per burger F and NUTS

Coconut-Curried Salad: Cool, nutty wild and brown rice salad tossed with crisp apples, grapes and avocado tossed in a delicious coconut-curried lime sauce 7 point per container Nut Free

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

A Yummy Testimonial: "The food has been so wonderful, delicious, even the coconut cream on the cake. Best, Juliana " Woodstock, 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: Blueberry Blast Smoothie

Rice milk, bananas, cashews, blueberries, dates, ginger, 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. Strawberries and Coconut Cream \$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