

Healthy Gourmet To Go

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Or go online to order: HealthyGourmetToGo.com
Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477



Delivering vegan meals to busy people for 30 years!

June 11th/12th ***MENU***

9 dishes freezes well, have an *F* below
and will have a circled *F* on the container lid

“Pasta “Bolognese” Plate: Delicious, hearty faux “meat sauce” served with brown rice pasta. Chunky, delicious sauce simmered with roasted tomatoes, chickpeas, portabella mushrooms, vegetables and fresh basil topped with house made walnut “parma cheeze”...delish! 8 points per quart F and NUTS (walnut)

“TV Dinner” Plate: Baked walnut crusted tofu tenders served on bed of delicious crispy thyme roasted potatoes plus roasted Brussels sprouts and side of stone ground mustard “mayo” 9 points per quart F and NUTS (walnut)

Green Ratatouille Stew: Navy beans simmered with zucchini, onions, kale, green peas, celery, brown rice and basil 3 points per pint F and Nut Free

Italiano Salad: Hearts of Romaine topped with oven roasted eggplant, olives, grated beets, pickled red onion, tomato, chickpeas and parsley walnut pesto 4 points per quart NUTS (walnut)

Masala Indian Dish: Coconut basmati rice n’ peas served with red lentil dahl topped with masala sautéed zucchini and onions 5 points per pint. F and Nut Free

Japanese Patty: Brown lentil n’ brown rice scallion, onion, garlic patty baked to crispy perfection and served with kale salad with side of toasted sesame vinaigrette 6 points per jumbo patty F and Nut Free

Tofu Un-egg Salad: Delicious tofu Un-egg Salad filled with scallion, celery, red onion, “mayo” and fresh dill 6 points per pint F and Nut Free

Pad Thai Noodles: Thai rice noodles coated with house made (fresh peanut butter) peanut-ginger Thai sauce topped with grilled zucchini garnished with chopped peanuts 6 points per pint F and NUTS (peanut)

Quinoa n’ Cabbage: Earthy and high protein quinoa served with toasted pecans, sautéed cabbage, rosemary mustard dressing and marinated baked tempeh 5 points per pint F and Nut Free

Sweet Tart: Delicious almond-oat-date crusted tart filled with raspberry cashew cream topped with berries and fresh mint 7 points per piece F and NUTS (almond/cashew)

Want to add extras to your Bag?

House Salad -hearts romaine, carrot, sunflower seeds, black olives, dressing of the week ...\$15

Chickpea Untuna Salad ...pint \$10 quart \$20

Stuffed Grilled Cheeze -our buckwheat bread with “cheddar cheeze” plus choose 2 fillings: avocado, grilled onion, tomato, avocado, black olives ...\$15 each