

# Healthy Gourmet To Go

**Organic, vegan, gluten free, plastic free Meal Delivery Co. and Catering**

12 Market St. Saugerties, NY ~ [info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162

Ready to eat meals right to your door every Wednesday

Cafe' open for sit-down/take-out every Monday and Tuesday 11-6



## March 13th Menu

**“F” means: the dish freezes well**

**“NF” means: the dish does NOT contain nuts.**

**9 dishes freeze well this week**

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

***A Yummy Testimonial:** “We thought your Puttanesca Plate from our last order was out of this world good! It put happy smiles on both of our faces as we were eating it up! Kudos!” Bob New York, NY*

**“TV Dinner” with Spuds Plate:** Walnut crusted baked tofu tenders served over potatoes with garlic n’ peas plus side of parsley walnut pesto topped with grilled zucchini 10 points per quart F and NUTS

**Pasta n’ Fennel “Sausage” Plate:** Penne in basil-tomato marinara sauce with roasted garlic topped with house made grilled white bean/fennel “sausage” garnished with sautéed peppers n’ onions 8 points per quart F and NF

***A Yummy Testimonial:** “...the hummus under the kugel was terrific! It was an excellent pairing. Manny” Montclair, NJ*

**Polenta Tex-Mex Salad:** Baked polenta served over hearts of Romaine with cumin-lime avocado, marinated tomato, olives and cheddar ‘cheeze’ plus side cilantro-pumpkin seed dressing 7 points per quart NF

**Indian Mulligatawny Soup:** Indian spiced red lentil soup simmered with sautéed sweet pear n’ onions, plus cauliflower n’ roasted garlic garnished with cilantro 3 points per pint F and NF

**Savory Carrot-Pecan Muffin:** Delicious savory sage, carrot, pecan high protein muffin served over Brussels sprouts n’ cabbage 3 points per pint F and NUTS

*A Yummy Testimonial: "My name is Andrea, and I'm addicted to Roni's Un-Tuna!" Esopus, NY*

**Chickpea UN-Tuna Salad:** Chickpeas tossed with carrots, celery, pecans, raisins, red onion and fresh dill ...yum! Hey....This dish makes a great lunch for the kids young and old!!! Get additional 8 oz. containers for \$5.00 each. Toss one in a lunch box with some cut up veggies, bread, crackers or lettuce leaves to 'roll your own'. Add dessert and you'll have happy campers who devour their lunches! 6 points per pint F and NUTS

**Lovely Lentil Stew:** Brown lentils simmered with jasmine rice, capers, caramelized onions, Lacinato and curly green kale, sun dried tomatoes, roasted garlic and fresh basil garnished with sunflower seed 'parma cheez' 5 points per pint F and NF



**Green Bean-Millet Casserole:** Creamy basil-spinach infused millet topped with roasted green beans, cashew-basil 'ricotta cheeze' then drizzled with almond-red pepper sauce 12 points per piece F and NUTS

**Coconut Curried Chive Noodles:** Delicious rice noodles in a coconut curried-mushroom and onion broth garnished with red pepper, scallions and chives 7 points per pint F and NF

**Pumpkin Spiced Chocolate Chip Cake:** Delicious pumpkin spiced cake studded with dark chocolate chips topped with cinnamon-pecan streusel topping 7 points per piece F and NUTS

**On the Website on the *ORDER HERE* page choose your Standard or Family Bag. Then add extras to your cart: smoothies, cake, salad dressing and more!**

*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 and keep in the fridge.  
Great on salads, veggies, grains, beans...even on pasta!

\$15 per jar.....16 oz. mason jar ~ Add one or more to your Bag of Specials!



**Yummy Testimonial:** “You truly need to find a bottler/distributor for that sea Caesar 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

### Green Goddess Cashew Kale Smoothie

Rice milk, bananas, kale, cashews, hemp seeds, ginger, lemon juice, dates, young coconut oil and vanilla

\$15/per 16 oz. mason jar

**Yummy Testimonial:** “I relished every bit of the stew, smoothie and half of the tapioca pudding! Delicious! You're smoothie is far tastier than the one I had at \_\_. Much fuller flavor and so well balanced. I'm so glad to know you are open later than I thought.... Elana” Kingston, NY

## Cake of the Week:

### Pumpkin Spiced Cake w. chocolate chips and pecan streusel

\$7.00 per slice

**Yummy Testimonial:** “Your cake was insanely good and those pecans rocked my world. More please!!” Luis W. Saugerties, 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** get 3 shots (plus one FREE = 4 shots)...for \$10.00

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