

Healthy Gourmet To Go

Compassionate Clean Cuisine to your door for 25 years and counting!

All: Organic, vegan, gluten free, ready-to-eat, plastic free and mostly soy free Delivery Co.
12 Market St. Saugerties ~ HealthyGourmetToGo.com ~ 914-388-2162 ~ Cafe open Mon./Tues.

Menu for Next Delivery Wed March 14



PLATE 1: Deconstructed 'Lasagna': The best of lasagna only all mixed up: fusilli brown rice pasta tossed with kale, roasted garlic, green peas, house-made cashew ricotta "cheeze," mozzarella "cheeze," tomato sauce and fresh basil topped with oven roasted Brussels sprouts 12 points per quart F

A Yummy Testimonial: "I really like the pasta dish from last week. It was scrumptious. Thanks. Becky" Dunellen, NJ

PLATE 2: Nut Crusted Tofu "TV Dinner" Plate: Baked herbed walnut crusted tofu slices served over quinoa tossed with cabbage and toasted walnuts plus side of rosemary mustard sauce and garlicky greens 10 points per quart F



A Yummy Testimonial: "...thank you for the consistently delicious food, cooked with love. And that love is palpable. Your cooking is reminiscent of the old days, when all the women in the family got together and worked together happily in the kitchen – singing, talking and making their own delicious recipes, stirring in the various ingredients with all the love they had. You are singlehandedly keeping that tradition going!" Penny Germantown, NY



SOUP DISH: Split Pea soup: Green split peas simmered with carrots, garnet yam, celery and fresh dill 3 points per pint F

A Yummy Testimonial: "thank you ... was just thinking of you as I finished reading the Pig who sang to the moon and watched the documentary made about it. You are a force for healing in troubling times with all you do - thanks again, jane" Esopus, NY

SALAD: Mediterranean Salad: Hearts of Romaine topped with herbed garbanzo beans; kalamata olives; marinated cucumber-tomato-red onions; pesto roasted walnuts and creamy herbed Greek vinaigrette 5 points per quart

A Yummy Testimonial: "Thank you for nourishing us!" Paulina White Plains, NY





PASTA DISH: Kasha Varnishkas: Earthy, warming and hearty toasted buckwheat kasha deliciously paired with brown rice fusilli pasta smothered in herbed country gravy and caramelized sweet onions 8 pts per pint F

A Yummy Testimonial: “Your Kasha Varnishkas- a Smash Hit! Christine” Windham, NY

STEW DISH: Coconut Curried Tempeh Stew: Indian spiced coconut curried broth simmered with tempeh, onions, greens and brown basmati rice with fresh chives and cilantro garnished with toasted coconut n’ cashews 7 points per pint F.... **PS If you don’t want SOY we can swap a different yummy stew for you! Please request when ordering. xo**



A Yummy Testimonial: “Your stew was SO good. That was amazing. Helping me get better :) LM” W. Saugerties, NY

BEAN DISH: 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 and/or your kids will be happy campers who devour their lunches! 6 points per pint



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

A Yummy Testimonial: “Hi Roni, please put me down for a standard bag. Thanks. I just love that untuna salad, it calls out 'eat me' 'eat me' in the middle of the night. And of course I must comply! It's very addictive you know. Jeannie” Verplank, NY



MEXICAN DISH: Layers of Yumminess: Coconut black beans topped with marinated tomatoes, shredded greens, cilantro pumpkin-seed pesto and red onion-cilantro guacamole....yummy Grab n’ Go low carb dish. 5 points per pint

A Yummy Testimonial: “I have to tell you... the squash pasta from last week was AMAZING!!!! I ate the whole thing in one sitting after a long work shift & literally fell asleep right after with the plate still in my lap!

“PIZZA” DISH: Pesto “Pizza” Casserole: Brown rice casserole infused with fresh basil, oven-roasted garlic and spinach topped parsley-walnut pesto, roasted tomatoes and house-made walnut ‘parma-cheeze’ 9 points per large piece F



A Yummy Testimonial: “That pasta with faux chicken was amazing Mike”
Saugerties, NY



DESSERT: Apple Crumble Parfait: Apple-cinnamon pudding layered with baked apple-maple-walnut-cinnamon oat crumble 4 points per dish **(Please add \$5 to your order when subbing out dessert for additional DISH, or add \$10 for additional SALAD or PLATE)**

Yummy Testimonial: “That apple bake was so yummy!” Zahava Woodstock, NY

ADD Extras to your Bag this week...see below.

Dressing, Smoothies, Nutz, Cake, Shots

(Just let us know what you'd like and a paypal invoice will be sent with your total)

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 ~ Add one or more to your Bag of Specials!

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

Kale Cashew Green Goddess

Rice milk, bananas, kale, ginger, lemon, dates, ginger, cashews and vanilla

\$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 Coconut Cream and Raspberries

Dark, rich chocolate cake with delicious coconut cream, sweet raspberries and chocolate chips

\$7.00 per slice



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

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