

# Healthy Gourmet To Go

914-388-2162 to call/text your order or for info  
Or go online to order: [HealthyGourmetToGo.com](http://HealthyGourmetToGo.com)  
*Vegan~Gluten Free~Organic Meal Delivery and Cafe*  
12 Market Street Saugerties, NY 12477  
*Delivering vegan meals to busy people for almost 30 years!*



*~ Compassion for ALL beings every meal, every day~*

## **March 22nd Menu**

**9** dishes freeze well this week.

*There is an "F" on the lids of dishes that freeze well.*

**Veggies n' Pasta Plate:** Baked broccoli and roasted butternut squash, with sautéed onion, green peas, toasted walnuts and house-made tofu "ricotta cheeze," tossed with fresh sage, "mozzarella cheeze" and brown rice pasta 10 points per quart F and NUTS (walnut)

**Asian Plate:** Miso roasted eggplant served over toasted sesame brown rice n' chickpeas topped with oven roasted cauliflower and carrot ginger dressing 10 points per quart F and Nut Free

**Broccoli n' Cannelloni Soup:** Tuscan white bean soup with sautéed onions, broccoli, kale, roasted tomato, potatoes and basil garnished with house made walnut "parma cheeze" 5 points per pint F and NUTS (walnut)

**Greek Salad:** Hearts of Romaine topped with hummus, marinated cucumber-baby arugula salad, black olives, pickled red onion and cumin tahini dressing 6 points per quart Nut Free

**Hoppin' John:** Black-eyed peas with sautéed onions n' crumbled tempeh served over basmati rice with kale 6 points per pint F and Nut Free

**Coconut Curry Tofu Stew:** Tofu simmered with sautéed onions and mushrooms in a coconut curry broth with basmati, butternut squash, carrots, kale and green peas garnished with cilantro 5 points per pint F and Nut Free

**Quinoa Thai n' Kale:** Quinoa with sautéed onions topped with creamy house made peanut ginger Thai sauce made with freshly ground peanut butter and topped with Thai marinated kale salad 7 points per pint F and NUTS (peanut)

**The Three B's:** Oven roasted Brussels sprouts, sautéed Broccoli and Broccoli rabe served with brown rice penne pasta n' capers in a delicious kale pesto 7 points per pint F and NUTS (walnut)

**Mexican Layers of Yumminess:** Red chili beans layered with roasted corn, hemp seed crusted avocado, cilantro pumpkin seed pesto, baby arugula and roasted sweet mini peppers 7 points per pint F and Nut Free

**Chocolate Cake with Coconut Cream n' Raspberries:** Dark, rich chocolate cake topped with creamy coconut topping with smashed raspberries and dark chocolate drizzle. It's gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and Nut free

**Add Yummy Extras to Your Bag at Check Out:**

- Double up on any of this week's dishes
- “Sea” Caesar: the cashew *everything* dressing
- Untuna Salad
- Cake of the Week: Pumpkin Spice Chocolate Chip with Streusel and/or Chocolate cake above
- Immune Shots w. Ginger, lemon, cayenne, black pepper
- Smoothie of the Week: Strawberry Peanut Butter Chocolate Chia Monkey
- Quesadillas: “Cheeze” with spinach, olives and dip
- Stuffed Grilled “Cheeze” with avocado and grilled onions

**A Yummy Testimonial:** *“This food is so delicious! The quesadilla was incredible. My next order I want to add on the untuna salad, a smoothie and some extra dressings. When is your next round of orders? Really enjoying it thank you so much!”* Vinnetta Brooklyn, NY

**A Yummy Testimonial:** *“OMG, lady, the UN-TUNA SALAD!!! Where has this been all my life?! Way yummiier than actual tuna salad. This container isn't gonna last the day.”* Emily Wappingers Falls, NY

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

**A Yummy Testimonial:** *“I love my “bug catcher” so much. I used to turn a plastic cup onto them and slide a piece of cardboard under end lift off and bring outside. This is so much easier!! 🤔”* Corinne Newburgh, NY

**A Yummy Testimonial:** *“Ur smoothies are like divine desserts”* Sherry Elka Park, NY