

# Healthy Gourmet To Go

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*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 29th Menu***

*7 dishes freeze well this week.*

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

**Falafel Plate:** Baked, not fried chickpea-herbed-veggie falafel served over quinoa tabbouleh spiked with broccoli, kale, parsley and mint with side of lemon-basil tahini and cumin sautéed broccoli 8 points per quart F and Nut Free

**"TV Dinner" Plate:** Walnut-crusted baked tofu tenders served over wild/brown rice pilaf with sautéed onions, toasted walnuts and fresh thyme stuffed in roasted butternut squash plus side of herbed stone ground mustard sauce 10 points per quart F and NUTS (walnut)

**Pasta Fagioli Soup:** Roasted zucchini, onions, kale, broccoli rabe and broccoli simmered with white beans, black olives and brown rice penne pasta garnished with house made walnut “parma” 5 points per pint F and NUTS (walnut)

**Mexican Salad:** Hearts of Romaine topped with brown lentils, roasted corn, guacamole (with red onion and cilantro), mole roasted pumpkin seeds, shredded “cheddar cheeze” and side of roasted red pepper-almond Romesco dressing 6 points per quart NUTS (almond)

**“Crab-Cake”:** Baby tofu-veg “crab-cake” over chunky smashed rosemary Yukon potatoes with kale salad and dollop of caper-dill ‘tartar’ sauce 7 points per pint Nut free

**Chipotle Chili:** Delicious pinto bean chili with a slight chipotle kick simmered with roasted tomatoes, sautéed sweet peppers and onions plus corn tortillas garnished with fresh cilantro 6 points per pint F and Nut Free

**Mediterranean Sandwich:** Grilled buckwheat flax bread stuffed with parsley-lemon hummus, pickled red onions, grated carrots, kalamata olives, grated beets, stone ground mustard and lettuce 7 points per sandwich Nut Free

**Pad Thai Noodles:** Thai rice noodles (delicious cold and even better hot) tossed with creamy house made peanut ginger Thai sauce (with freshly ground peanut butter) topped with cumin cabbage slaw and chopped peanuts...Yum! 7 points per pint F and NUTS (peanuts)

**Very Veggie:** Oven roasted Brussels sprouts; carrots with lemon-dill sauce and toasted sesame braised green cabbage 2 points per pint F and Nut Free

**Blueberry Walnut Oat Crumble:** Scrumptious baked crumble with cinnamon, oats, blueberries, walnuts, chocolate chips and chia seeds topped with house made coconut “whipped cream” 6 points per container F and NUTS (walnut)

**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 OR Chocolate cake with coconut cream raspberries
- Immune Shots w. Ginger, lemon, cayenne, black pepper
- Smoothie of the Week: Raspberry Hemp Seed Butter Pecan
- 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