

Healthy Gourmet To Go

Organic, vegan, gluten free, plastic free Meal Delivery Co.

12 Market St. Saugerties, NY ~ info@HealthyGourmetToGo.com ~ 914-388-2162

Ready to Eat Meals Right to Your Door Tuesday or Wednesday (menu below)

Café Open for Curbside Take Out Monday and Tuesday 11-6 (call for menu)



Delivery Menu

May 11th (local) or May 12th (not so local)

8 Dishes that freeze well have an “F” on lid

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

Deconstructed ‘Lasagna’ Plate: Fusilli brown rice pasta with “mozzarella cheeze,” roasted tomato sauce (*TOMATO SAUCE is optional this week...please request if you’d like it left off*) with fresh basil, herbed house made tofu “ricotta cheeze,” sautéed onions and oven roasted broccoli 11 points per quart F and Nut Free

Veggie Plate: Toasted sesame smashed carrots, oven roasted Brussels sprouts, Yukon potatoes with rosemary, chopped walnuts n’ olive oil plus everything topped with divine grilled sweet Vidalia onions 6 points per quart NUTS (walnut)

A Yummy Testimonial: “The love in your food...I feel it when I open the food, a surge of love. Thank you ! I need that today. Xoxox Sara” New Paltz, NY

Cleansing Cucumber Gazpacho: Creamy blended raw, cool, organic, refreshing soup filled with cucumber, mint, scallion, cilantro, basil, lemon, avocado and more...garnished with slivered cucumber, hemp seeds and sprouts 1 point per pint F and Nut Free

Baked Zucchini Fritter: Italian brown rice infused with basil, and green peas topped with oven baked chickpea-zucchini-basil-walnut fritter 7 points per pint F and NUTS (walnut)

A Yummy Testimonial: “...can’t express how grateful we are... for the great gift of your incredible compassionate foods... and your faithfully feeding us... thank you dearest Roni XOXOXOXOXOXO” Carol Saugerties, NY

Tofu UNegg Salad: Delicious cool tofu UNegg Salad filled with scallion, celery, red onion, ‘mayo’ and fresh dill. NOT doing tofu? Just let us know and we’ll take care of you. We’ll swap this dish for chickpea UNTuna. Want BOTH? Let us know or order a pint online. 6 points per pint F and Nut Free

Mexican Pasta n’ Cauliflower: Medley of black bean and brown rice pastas served with sautéed sweet onions and turmeric roasted cauliflower with a splash of cilantro oil ...7 points per pint F and Nut Free

A Yummy Testimonial: “...Wow, thanks! I just love the Mexican layers! My favorite thing so far!” Hillary Kerhonkson, NY

Green Split Pea Soup: Green split peas simmered with carrots, garnet yams, celery and fresh dill 5 points per pint F and Nut Free

Detox Lentil Salad: French lentils in ginger lemon dressing served with umeboshi n’ broccoli infused quinoa plus marinated cucumber n’ red onion salad 5 points per pint Nut Free

A Yummy Testimonial: Hi Roni, Want to thank you so much for our delicious food (we had the detox salad tonight) and the extra cake!!! It was SO delicious!!! I couldn’t wait until my real birthday 🥳. Hope you had a nice vacation. xo. Miriam” Kingston, NY

Pad Thai Noodles: Delicious Thai peanut-ginger sauce tossed with Thai rice noodles topped with tri-color cumin cabbage slaw garnished with chopped peanuts 7 points per pint F and NUTS (peanut)

Chocolate Cake: Dark, fudge-like chocolate cake topped with chocolate coconut cream and raspberries It's gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and Nut Free

Add Extras Below to your Bag at Check Out *Dressings, Smoothies, Cakes, Shots*

Dressing of the Week

Vegan "Sea" Caesar Dressing

AND ANY other Dressings on this week's menu!

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

A 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

Sweet Strawberry Smoothie

Rice milk, banana, strawberry, cashew, date, ginger, hemp, flax, coconut oil, vanilla...yum!

\$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 Chocolate Coconut Cream and Raspberries

\$7.00 per slice

A Yummy Testimonial: “I ate that whole chocolate cake yummy yummy I saved none for M. Thank you 🙏”.
Rhoney Woodstock, 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** 3 shots...for \$10.00 **plus ONE FREE**

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