

# Healthy Gourmet To-Go

-Cruelty Free, Gluten Free, Organic Weekly Meal Delivery Company-

For over 25 years delivering compassionate, clean, cuisine right to your door



All: **vegan, gluten free, organic and packed in plant-based containers**  
[info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162

**Next Delivery Wednesday, May 15**

## Is this your first order?

Please contact us before placing your first online order to establish your Delivery Zone.  
Delivery charges apply. Plus, there's a one time, non-refundable \$15 packaging fee.  
*Ask about our special monthly prepay deals for BIG savings!*

**9** dishes freeze well. Note "F" after dish description  
Also note Nuts or Nut-Free after each dish.  
Points are an ode to Weight Watchers for those of you 'watching'

**Faux 'Fish Sticks' n' Smash:** Crispy baked pecan crusted savory tofu 'fish sticks' over smashed russet potatoes n' peas with side of caper-dill 'tarter sauce' plus roasted cauliflower and cabbage 13 points per quart F and NUTS in tofu

**Pasta Bolognese:** Delicious, hearty Bolognese "faux meat sauce" served with brown rice fusilli and chunky, delicious roasted tomatoes, chickpeas, portabella mushroom, vegetable sauce with fresh basil topped with house made dairy free-walnut 'parmesan cheeze' ...delish! 14 points per quart F and NUTS in 'parma'

**Polenta Mex Salad:** Grilled polenta squares over hearts of romaine with marinated cucumber, toasted pumpkin seeds and tomato-mint guacamole banana cumin creamy vinaigrette 5 points per quart Nut-Free



*A Yummy Testimonial: "Your salads are so, so good!" Trish Latham, NY*

**Coconut Curried Vegetable Soup:** Coconut curried vegetable soup with onions, leeks and garlic loaded with cabbage and quinoa in a coconut curried broth garnished with fresh chives 6 points per pint F and Nut-Free

*A Yummy Testimonial: "By the way, that cauliflower soup was unbelievably delicious and just what I needed to warm upon a cold and blustery day!" Meg Rhinebeck, NY*

**Green Goddess Hummus:** Delicious parsley-lemon-garlic n' kale creamy hummus topped with shredded greens and black olives 7 points per pint F and Nut-Free

**Savory Oat Nut Tart:** Savory herbed oat-walnut crusted baked tart loaded with cannelloni beans n' basil with roasted garlic, topped with sautéed sweet onions n' chopped tomato with wilted kale and rosemary drizzle 7 points per quart F and NUTS in crust

**Deconstructed 'Lasagna':** Layers of brown rice penne, 'mozzarella cheeze,' tomato sauce with fresh basil, cashew 'ricotta cheeze' and broccoli rabe....yum! 10 points per quart F and NUTS in 'ricotta'

**Asian Quinoa with Carrot Ginger Sauce:** Quinoa is the Queen of all foods served with scallions, bok choy and kale all smeared with Japanese carrot-ginger toasted sesame sauce F and Nut-Free

**Baked Muffins:** Zucchini, onion and rice savory baked muffins with toasted walnuts served with side of parsley walnut pesto 3 points per muffin F and NUTS

**Chocolate Cake with Strawberries and Whipped Cream:** Dark, rich chocolate cake topped with creamy coconut whipped cream and fresh strawberries. Its gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and Nut-Free

*A Yummy Testimonial: "Cake is awesome! Seriously best ever. We have about 1/3 left for tomorrow. I don't know how you do it....How many ways can I spell delicious?!" Martha, Mt. Kisco*

**On the Website's *ORDER HERE* page choose a Standard or Family Bag. Then add all the extras you'd like to your cart: Untuna, smoothies, cake, salad dressing and more!**

**Available Extras:**  
*Untuna, 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**

**Sweet Strawberry**

House made HEMP milk, bananas, strawberries, almonds, young coconut oil, dates 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:**

**Chocolate Cake with Coconut-Cream and Strawberries**

\$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