

# Healthy Gourmet To-Go

Vegan meal delivery and catering company for 28 years and counting

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## Menu for May 17th/May 18th Delivery (or Pick Up)

(REMINDER: we'll be closed week of May 31st for Memorial Day)



### MENU

**8** dishes this week freeze well ("F" on lid means freezes well)

*Points are an ode to Weight Watchers*

**Faux 'Fish' n' Chips Plate:** Crispy baked walnut crusted tofu 'fish sticks' served with hand-cut Yukon oven-baked "fries" with side of caper-dill "tartar" sauce plus assorted leafy greens 11 points per quart 1/2F and NUTS (walnut)

**Italian “Sausage” and Pasta Plate:** Homemade Italian grilled white bean n’ fennel “sausage” served over brown rice fusilli pasta Primavera tossed with sautéed broccoli n’ onions, green peas, wilted kale and capers garnished with homemade cashew “ricotta cheeze” 11 points per quart F and NUTS (cashew in “ricotta”)

**Gentle Spring Stew:** Red lentils simmered with short grain brown rice, carrots, cauliflower kale, cabbage and basil garnished with roasted asparagus 4 points per pint F and Nut Free

*A Yummy Testimonial:* “Lol Roni, since I discovered HGTG... aka Divine Vegan Vittles... i feel as though i have a personal chef... like Oprah...Such a Blessing to have your culinary offerings filled with soul and compassionate consciousness... Thank you 🙏🌸” Laurie Saugerties, NY

**Polenta n’ Puttanesca Italiano:** Rosemary baked “cheezy” polenta layered with aduki bean infused puttanesca sauce with olives, tomato, olives and basil garnished with homemade walnut “parma cheeze” 6 points per pint F and NUTS (walnut)

**Pad Thai Noodles:** Thai rice noodles (delicious hot or cold) tossed with creamy homemade peanut Thai sauce topped with cumin cabbage slaw garnished with chopped peanuts...Yum! 7 points per pint F and NUTS (peanuts)

*A Yummy Testimonial:* “Keep spreading love and health through the amazing cruelty free and delicious food you make. <3:” Ilene NY, NY

**Asian Kale Bowl:** Live/raw Asian kale salad marinated with toasted sesame and ginger dressing, garnished with sautéed tempeh crumbles, pickled red onion, and grated carrot n’ grated beet salads 4 points per pint Nut-Free

**“Pizza” Casserole:** Delicious oven roasted Brussels sprouts over short grain brown rice casserole filled with broccoli rabe, kale and fresh basil also topped with “mozzarella cheeze” and grilled sweet onion rings 9 points per large piece F and Nut Free

*A Yummy Testimonial:* “Roni dear, Your pizza is ridiculously delicious! Please make it a regular. You may quote me. Barbara xoxo” W. Saugerties, NY

**Tex Mex Quinoa:** Quinoa (this dish is nice cool or heated) tossed with black beans, roasted corn, toasted pumpkin seeds, kale and sautéed onions with a cilantro mustard cream 5 points per pint F and Nut Free

**Thai Coconut Curry Noodles:** Delicious coconut curry broth sautéed with mushrooms and onions served over rice noodles garnished with red pepper, scallions and fresh cilantro 7 points per pint F and Nut Free

**Chocolate Cake with Chocolate Coconut Cream and Cinnamon Roasted Walnuts:** Dark chocolate cake topped with rich creamy topping and candied walnuts. It's gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and NUTS (walnut)

*A Yummy Testimonial: "I just had to have the chocolate cake for breakfast...great after a beautiful meditation and prayer time. There is no conflicting energy in this food. xoxo" SS New Paltz, NY*

**ADD Extras to your Bag this week at check out.**  
**Here are a few items you can add on:**  
*Dressing, Smoothies, Sammies, Cakes, Shots*

**Sandwich of the Week:**

*Stuffed Grilled 'Cheeze'*

Scrumptious Grilled "Cheeze" Sandwich stuffed with avocado and kalamata olives (yum) on grilled flax-buckwheat bread



\$15 ...per sandwich (nut free)

**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 (cashew)

***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, NY*

## **Smoothie of the Week** *Green Goddess Smoothie*

Rice milk, banana, kale, cashew, date, ginger, lemon, hemp/flax/chia seeds, coconut oil, vanilla

\$15/per jar ...16 oz. mason jar



***A Yummy Testimonial:** “...I had the smoothie, and it was delicious- thank you. So great for me to be able to give my family food without me having to do it all. Shabbat Shalom, Joanna” New Paltz, NY*

## **Cake of the Week:**

*Chocolate Cake with Chocolate Coconut Cream and Candied Walnuts*



**\$7.00 per slice (walnut)**

***A Yummy Testimonial:*** *“BTW, forgot to tell you that pumpkin cake was outrageous! I had to eat soy ice cream after just to calm down my taste buds! Manny” Montclair, NJ*

## **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 1 FREE)

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