

# Healthy Gourmet To Go

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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 30 years!*

## ***Heads up!***

*We'll be closed Memorial Day week  
so order extras and freeze them!*

***Here's the menu for:***

***May 21st/22nd***



## ***MENU***

***9 dishes freezes well  
and will have a circled F on the lid***

**Bombay Plate:** Crispy curry coated baked tofu bites served over black cumin infused basmati rice with scallion plus turmeric roasted cauliflower and side of cilantro-mint chutney 8 points per quart F and Nut Free ...

**Roasted Eggplant Pasta Plate:** Oven roasted zucchini and eggplant served over brown rice penne packed with sautéed onions, sun dried tomatoes and broccoli rabe in a basil pesto garnished with cheezy toasted walnut and house made tofu “ricotta” 7 points per quart F and NUTS (walnut)

**Tuscan Tomato Rice Soup:** Roasted tomatoes, carrot, celery, onion and greens simmered with basmati rice, kale and basil garnished with house made walnut “parma cheeze” 3 points per pint F and NUTS (walnut)

**Springy Salad:** Hearts of Romaine topped with beluga lentils, pickled red onions, roasted red beets, toasted sunflower seeds, kalamata olives, grated carrots and side of parsley walnut dressing 4 points per quart NUTS (walnut)

**Thyme Roasted Potatoes:** Oven roasted thyme infused red potatoes served with marinated kale salad over white beans tossed with olive oil, sautéed onions and fresh rosemary 6 points per pint F and Nut Free

**Plantain Fritter Mex Salad:** Guatemalan quinoa with toasted pumpkin seeds, sautéed onion and broccoli bits topped with sweet baked plantain-corn fritters and side of roasted tomatillo salsa 5 points per pint F and Nut Free

**Asian Baked Patty:** This is fast becoming a favorite of many! Red lentil-brown rice, scallion, garlic, onion patty served with bed of marinated kale salad and side of carrot sesame ginger dressing 6 points per jumbo patty F and Nut Free

**Pad Thai Noodles:** Thai rice noodles coated with house made (fresh peanut butter) peanut-ginger Thai sauce topped with tri-color cumin cabbage slaw with chopped peanuts 6 points per pint F and NUTS (peanut)

**Kitchari Lentil Stew:** Gentle, healing yellow lentil and brown rice stew with garlic, ginger, butternut squash, garnet yam, carrot, celery, onion and curry spices...super healing, no oil, no salt and great for cleansing. Ideally,

eat Kitchari all day long for 1-3 days to really cleanse and give your body a break and time to detoxify gently by only eating one thing (no pre or post cleanse prep required). Enjoy for a day cleanse or for more than one day...freezes well (get extras at check out.) 3 points per pint F and Nut Free

**Chocolate Cake w. Chocolate Cream and Candied Walnuts:** Rich, dark chocolate cake topped with candied cinnamon walnuts and chocolate coconut cream 7 points per piece F and NUTS (walnuts)