

# Healthy Gourmet To Go

**Organic, vegan, gluten free, plastic free Meal Delivery Co.**  
12 Market St. Saugerties, NY ~ [info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162

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

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



**CAFE WILL BE OPEN Memorial Day For Curbside Take Out!**

## **Memorial Day Week Menu for Immune Boosting Meals Delivered May 26th and 27th (local and not so local) Deliveries**

**9** dishes freeze well this week “F” on lid means the dish freezes well  
For weight watching folks check out the number of points noted after each dish

**“Crab-Cake” Plate:** German potato salad served with mini grilled tofu “crab-cakes” plus sautéed zucchini and onions with side of caper-dill “tarter sauce” 12 points per plate F and Nut Free

**A Yummy Testimonial:** “The best food ever!!! Thank goodness for your healthy whole-food, home-cooked offerings! A gift to the whole community. ❤️” Larry Woodstock, NY

**Indian Plate:** Indian spiced red lentil Dahl served over coconut basmati rice with oven-roasted cauliflower and side of cardamom apricot-onion chutney 9 points per plate F and Nut Free

**Tuscan Tomato Rice Soup:** Sweet roasted tomatoes simmered with escarole, carrots, celery, rice and fresh basil topped with walnut ‘parma cheeze’ 4 points per pint F and NUTS (walnut topping)

**A Yummy Testimonial:** “Hi! That tomato soup is AHMAZINGGGGG! E and I both gobbled up a whole container. Can't wait to have more tonite! Thank you!” Carolyn Saugerties, NY

**“Sea” Caesar Salad:** Hearts of Romaine lettuce topped with toasted cashew, carrot, cucumber, kalamata olive, baked garnet yam crouton and HGTG’s delicious, creamy, addictive ‘Sea’ caesar cashew dressing 6 points per quart NUTS (cashews) ... *Want a jar of delicious “Sea” Caesar dressing? Get one for \$15.00 when ordering. You can enjoy more salads throughout the week. The dressing is also divine over grains, beans, veggies and even pasta! It comes in a lovely reusable 16 oz. Mason Jar.*

**Pad Thai Rice Noodles:** Delicious peanut Thai ginger sauce tossed with rice noodles topped with marinated cumin cabbage slaw garnished w. chopped peanuts 7 points per pint F and NUTS (peanuts)

**Tofu UNegg-Salad:** Cool and delicious tofu UNegg Salad w. scallion, celery, red onion, ‘mayo’ and fresh dill topped with shredded greens 5 points per pint F and Nut Free

**A Yummy Testimonial:** “Re: ToFu UnEgg... EGGCELLENT...seasoned to (my) perfection.” Robin NY, NY

**Black Bean Fiesta:** Delicious Mexican inspired black bean pasta plus black beans and wilted kale topped with cilantro pumpkin seed pesto and a scrumptious sweet corn n’ chive plantain fritter grilled/not fried (*sorry...we’re just so in love with these fritters that we keep putting them on the menu*) 7 points per pint F and Nut Free

**Roasted Brussels n’Quinoa:** Shaved roasted Brussels sprouts with nutty high protein quinoa and creamy almond-roasted red pepper Romesco sauce...the perfect meal to take along for a walk or hike! 6 points per pint F and NUTS (almonds)

**Broccoli n’ Pasta:** Tons of immune boosting broccoli sauteed with sweet onions served with brown rice penne pasta, basil and toasted walnuts...super YUM! 6 points per pint F and NUTS (walnuts)

**Chocolate Cake with Coconut Whipped Cream and Raspberries:** Dark, rich chocolate cake topped with creamy coconut whipped cream and raspberries...Gluten free, vegan, freezes well AND it’s delicious even frozen)... Order extras! 6 points per piece F and Nut Free

**A Yummy Testimonial:** “Thanks so much for the cake! It wouldn't be Roni day without your dessert-if it were up to me, I'd order 6 quarts of cake. Lisa” Hastings on Hudson, NY

## **Add Extras to your Bag**

*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. 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, NY

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

Hemp milk, bananas, cashews, kale, dates, coconut oil and 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 w. Raspberries and Coconut Cream**

\$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