

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)



Menu

May 4th (local) or May 5th (not so local)
dishes freeze well

9 Dishes that freeze well have an “F” on lid
For weight watching folks check out the number of points noted after each dish

“TV Dinner” Plate: Walnut crusted baked tofu tenders served over creamy potatoes tossed with sautéed onions and chives plus side of parsley walnut pesto and delicious baked vegetables 10 points per quart F and NUTS (walnut)

Pasta Bolognese Plate: Delicious Bolognese (faux meat sauce) served with brown rice fusilli. Chunky and delicious with roasted tomatoes, chickpeas, portabella mushrooms, vegetables and fresh basil topped with house made dairy free-walnut ‘parmesan cheeze’ ...delish! 14 points per quart F and NUTS (walnut in ‘parma’)

Mediterranean DETOX Salad: Chickpeas in house made lemon tahini sauce served with mint infused quinoa plus marinated mandolin sliced cucumber-red onion salad 6 points per pint Nut Free

Baked Veggie Burger: Delicious baked jumbo veggie burger with sunflower seeds, carrots, onions, flax/chia seeds, kale, basil, sweet potatoes, short grain brown rice and hemp seeds baked to perfection and covered with stone ground mustard dressing and grilled cabbage 8 points per pint F and Nut Free

Tuscan Tomato Rice Soup: Sweet roasted tomatoes with carrots, celery, onion, black olives and kale with fresh basil pesto garnish 4 points per pint F and Nut Free *****What goes better with tomato rice soup than a scrumptious Grilled Cheeze sandwich? Order one online when choosing your Add ons. YUM!*

Pupusa de Potato Perfecto: Handmade Guatemalan corn Pupusa filled with sautéed potato n' cauliflower served with house made green herbal Chimichurri sauce garnished with kale salad 6 points per pint F and Nut Free

Coconut Curried Tofu-Stew: Coconut-curried tofu stewed with carrot, corn, butternut squash, basmati, garnet yam and fresh basil 7 points per pint F and Nut Free

Veggie Delight Dish: A yummy bunch of veggies! Grilled onions, carrot logs w. fresh dill sauce and baked cauliflower all garnished with house made cashew basil 'ricotta cheeze'. *Please note: veggies on menu subject to change by week of May 5th.* 3 points per pint F and Nut-free

Tex Mex Bowl: Almond baked avocado 'fries' served with smashed 'refried' pinto beans, side of roasted tomatillo-onion salsa and shredded greens 6 points per pint F (pick of greens before freezing) and NUTS (almond)

Chocolate Snickerdoodle Cake: Dark, fudge-like chocolate cake topped with freshly ground peanut butter mousse and candied peanuts. It's gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and NUTS (cashews/pecans)

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

Blueberry Blast Cashew Smoothie

Rice milk, banana, blueberries, dates, lemon, ginger, hemp, 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:

Snickerdoodle Chocolate Cake with Peanut Butter Mousse and Candied Peanuts

\$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