

Healthy Gourmet To-Go

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

For 26 years delivering delicious, compassionate, clean, cuisine right to your door
Packed in plant-based containers and made with love!
info@HealthyGourmetToGo.com 914-388-2162

Healthy Gourmet Cafe (100% Vegan and 100% GF) is open to the public Mondays and Tuesdays 11AM to 6PM with Curbside take out. Please wear a mask and keep 6 feet apart at front door. xoxo

Next Delivery Tues. 11/17 (local) and Wed. 11/18 (not so local)

*Food lovingly prepared by our small staff while wearing masks and gloves.
Delivered right to your door by folks wearing masks and gloves.
Your health and peace of mind are secure with us.*

~Pre-Holiday Cleansing Delivery Menu~

8 dishes freeze well this week

An "F" on container lids means the dish freezes well.
Points after each dish are an ode to Weight Watchers for those of you 'watching'



Clean Green Pasta Plate: LOADS of lemony green kale, broccoli rabe, sweet green peas, basil, sautéed onions and brown rice fusilli pasta topped with a dollop of house made basil cashew 'ricotta cheeze' ... **Lemon** is alkalizing for your body. A plant based diet is way more **Alkalizing** than an animal based diet and is the key to optimal health! 11 points per quart F and NUTS

A Yummy Testimonial: "My 10 year old has put in a request for the Mac-n-cheez again. She wants you to know "it is heaven on a plate!" 🤗💙". Susan Voorheesville, NY

Cleansing Vegetable Plate: Sweet butternut squash, green cabbage and zucchini. A perfect cleansing (and low cal) combination of deliciously seasoned vegetables served with wild rice. Did you know that **zucchini** contains skin-friendly vitamins (A, E and C) that help lift sagging areas, alleviate puffiness, build collagen and fight damage from free radicals? And because it is high in the nutrient phosphorus, **wild rice** reduces the risk of stress fractures and increases **bone** mass. 4 points per quart F and Nut Free

Souen Quinoa: High protein quinoa topped with toasted sesame carrot ginger dressing and steamed greens. **Sesame seeds** may help lower blood pressure, support healthy bones and is a good source of B vitamins. **Sesame seeds** also contain zinc, a vital component in the formation of collagen, which strengthens the muscle tissue, hair, and skin. **Ginger** helps flush toxins from your liver, decrease body fat and is good for your nerves...nice around the holidays...
Relaxing Tea: boil a 1/2" slice of ginger in some water for 5-10 mins and have some **Ginger tea** on hand any time you feel frazzled! 5 points per pint F and Nut Free

Light n' Luscious Red Lentil Soup: Red lentils simmered with onion, celery, carrots, brown rice and greens with fresh dill n' thyme. This healing, gentle soup rocks on so many levels. It's filling, delicious, warming, hearty and filling. **Thyme** contains carvacrol, a powerful compound that may help boost weight loss. Thyme is also shown to lower blood pressure and cholesterol. 4 points per pint F and Nut Free

A Yummy Testimonial: "Just having the lentil soup and it is incredible. Wow nothing like a big bowl of soup at 11 o'clock in the morning but it's definitely helping my morning in the studio." Joan Woodstock, NY

Mediterranean Detox Bowl: Pressed n' marinated cucumber/red onion salad served with chickpeas and tomato in a tahini lemon sauce with chopped Kalamata olives and live kale salad. **Cucumbers** are the perfect detox food... they keep your body hydrated which helps your body detoxify itself more efficiently, plus lovely for your complexion! 6 points per pint Nut Free

Cleansing Cauliflower Almondine: Cauliflower tossed with olive oil, roasted garlic and toasted slivered almonds served over pesto baked tofu slices. **Cauliflower** is well known for its anti-inflammatory effects that may boost immune health and reduce the risk of heart disease and cancers 6 points per pint F and NUTS (almond)

Magical Mexican Pasta: Black bean pasta and black beans with avocado-red onion guacamole layered with shredded greens cilantro pumpkin seed pesto. Did you know that **Black Beans** are packed with more antioxidants than most

beans? **Avocados** are a good source of monounsaturated fat, which can reduce your risk of heart disease...plus they are super delicious! 8 points per pint F and Nut Free

***A Yummy Testimonial:** “All went well with the delivery. Now the dilemma - not to eat it all at once...yummy!!!! Thank you 🤩” Diane Tuckahoe, NY*

Cleansing Kitchari Stew: Sprouted mung bean and vegetable stew (garnet yam, carrot, onion, cabbage) simmered with curry, ginger, garlic and brown rice. YUM! This stew is oil free and salt free (of course you can add some if you'd like, but it's tasty and oh, so great for you without oil and salt). Order extra pints and do your own Kitchari Cleanse for a day or two! Inquire and I'll set you up! PS Did you know that sprouting **Mung beans** boosts their antioxidant properties and these sprouts have potential anticancer benefits by fighting free radical damage!

OK, and now for the NOT so Cleansing Dishes that we're adding in because they're just so darned yummy:

Baked Potato Croquette: Jumbo baked smashed potato croquette chia and flax seeds (ok, so it's sorta cleansing) with fresh rosemary topped with house made bread crumbs and grilled sweet onions, all stuffed with 'cheeze' and sautéed cremini mushrooms 6 points per croquette Nut Free

Apple Crumble: Baked apple crumble with oats, walnuts, raisins, chocolate chips and cinnamon topped with house made coconut cream. Heat the crumble before serving and the cream will melt into the crumble for a decadent breakfast or dessert. OMG! 7 points per slice F and NUTS (walnut)

***A Yummy Testimonial:** “PS I still have one piece of your DELICIOUS cake left and intend on savoring every bite later today!!! Thank you so much again!!!❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤❤” Cynthia Poughkeepsie, NY*

ADD Extras to your Bag this week...see below
Untuna~ Dressings ~ Smoothies ~ Cakes ~ Immune Shots...

UNTuna Salad
Chick Pea Untuna Salad

A lovely high protein chickpea salad you can enjoy with a fork, on toast, crackers or rolled in lettuce leaves.



A Yummy Testimonial: "...please add some untuna salad. I'm pretty sure I could live on that for the rest of my life. 😊 thanks again!! 🙌😘". Marcia Waterford, NY

Pint...\$10.00 Quart...\$20.00

Dressing of the Week

Vegan "Sea" Caesar Dressing

Enjoy delicious salads all week long! Order a jar of decadent, vegan "Sea" Caesar Dressing. Great on salads, veggies, grains, beans...yes, even on pasta!



A Yummy Testimonial: Confirming her order for a jar of "Sea" Caesar dressing she wrote, "Yes please! We are almost drinking it! 😂😂😂" Marie NY, NY

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

16 oz. mason jar...\$15.00 ~ Add one or more to your Bag

Smoothie of the Week

Green Goddess Smoothie

Rice milk, banana, kale, cashews, hemp seeds, ginger, lemon juice, dates and vanilla

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

16 oz. mason jar...\$15.00



Cake of the Week:

Chocolate Cake with Chocolate Cream and Raspberries

A Yummy Testimonial: “Hi Roni, thanks for the choc cake. V. let me have some. It’s still my favorite dessert on the planet... Lee” Dobbs Ferry, NY

Slice...\$7.00

Immune Boosting Shot of the Week

Ginger - Turmeric Immune Shot...Buy 3, get one FREE!

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.

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

1 shot....\$5.00 ea. **or** 3 shots...for \$10.00 (you’ll get 4...one is FREE)