

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. 11/3 (local) and Wed. 11/4 (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.*

~Immune Boosting Menu~

9 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'

Roasted Brussels n' Pasta Plate: Oven roasted Brussels sprouts with sautéed onions, sweet green peas, toasted walnuts, fresh basil, wilted kale and brown rice fusilli topped with house made basil infused cashew 'ricotta cheeze' 13 points per quart F and NUTS (walnut/cashew) ...**This dish freezes well. Please enjoy by Saturday if not freezing. Reheat thoroughly in microwave, toaster/regular oven in oven safe plate or bowl until pasta softens (rice pasta can harden when cold). Before enjoying, drizzle with some EVOO (or not) or sprinkle some nutritional yeast (or not). Enjoy as is, or with a lovely green salad and/or some bread dunked in olive oil...yum!**

A Yummy Testimonial: "Everything has been absolutely fantastic and I love it all so much! My kids are even developing their favorites too. ❤️" Susan Voorheesville, NY

Quesadilla Plate: Grilled brown rice quesadilla filled with melted 'cheddar cheeze', spinach and olives served over short grain brown rice w. cilantro leaves plus carrots n' kabocha squash with side of cilantro pumpkin seed pesto 14 points per quart F and Nut Free ...**This dish freezes well. Enjoy parts of this dish separately or all together. The quesadilla and pesto with a salad is yummy. Rice n' pesto with beans, salsa or a big salad is yummy. Or add chopped tomato n' avocado tossed in EVOO and roll that with the rice n' pesto into Romaine lettuce leaves. As with most dishes, reheating in a glass baking dish, plate or bowl at 350 Bake for 15 minutes in the oven or toaster is an easy way to reheat. Or about 2 minutes in the microwave works too.**

A Yummy Testimonial: "Hi Roni! Good morning. All your food from last week has been so delicious, thank you..." Asher Teaneck, NJ

Green Split Pea Soup: Green split peas simmered with carrots, celery and garnet yams finished with fresh dill ...hearty, warming, oil free and scrumptious! 5 points per pint F and Nut Free. ...**This soup does not contain nuts (or oil) and freezes well. Enjoy with a bowl of steamed veggies or a salad. Want more? Reheat with a 1/2 to 1 cup of brown rice or other grain and/or serve with a thick slice of your favorite bread drizzled w. some EVOO. Please transfer soup into an oven safe pyrex bowl and reheat in the toaster oven for 15 minutes at Bake on 350. Most dishes can be reheated this way...what a time saver. Set the timer and come back when you hear the ding. Or stir on stovetop in pot till heated and add a bit of water if you'd like less salty or thinner soup.**

Pad Thai Noodles: Delicious Thai peanut-ginger sauce tossed with rice noodles topped with marinated pressed cucumber garnished w. chopped peanuts 7 points per pint F and NUTS (peanuts) ...**If you eat the topping off in the next couple of days the noodles will stay fresh in your fridge much longer AND freeze well. Enjoy right from the fridge or better yet reheat everything (even the cucumber) for a totally scrumptious dish! Serve as is or with lovely green salads.**

A Yummy Testimonial: "The faux crab cakes are DELICIOUS!" Courtney Red Hook, NY

Baked Potato Gratin: Hearty baked cauliflower, rosemary and potato gratin with 'mozzarella cheese' topped with red pepper-almond Romesco sauce garnished with a baby bite grilled tofu 'crab cake' 8 points per pint NUTS ...**This dish should be eaten by Saturday. It does not freeze well. Enjoy reheated and served as is or add a salad.**

Indian Jumbo Burger: Baked Indian burger with lemon-currried chickpeas, coconut jasmine rice, zucchini n' toasted cashews topped with creamy currried cream then draped with grilled cabbage 8 points per burger F and NUTS (cashew) ...**These delicious burgers are fab as a stand alone meal or even better, reheat and enjoy part**

of a burger over a salad or with a bowl of steamed veggies. Bake in the toaster or regular oven at 350 BAKE for about 15 minutes and voila. Please always transfer your food to oven safe glass dishes before reheating. The clear corn food containers pancake FLAT upon heating!

A Yummy Testimonial: "Thanks so much for the extra extra amazing chocolate cake this past week, in addition to all the yummy food! Your Tuscan Tomato Rice soup isn't great, said no one EVER!!! Also, the pastas you make are always so creative and wonderful!! And I believe few can do what you manage to do with your vegan Indian dishes! When we see the yellow dishes with a chick-pea base....oy! So good! Sending love, Bob and Helena" NY, NY

Souen Rice Bowl: Scallion-sesame brown rice with carrot ginger dressing and umeboshi mixed greens 6 points per pint F and Nut-Free ...**This dish freezes well. Enjoy any meal of the day. Reheat and enjoy as is or with a salad, some soup or other dish. Are you a Stew-ophile? You can actually put all parts of this dish into a pot, add about a cup of water and simmer 10 minutes creating the most delicious stew! Baking is also a yummy way to reheat the dish on a plate. If you don't freeze, please enjoy by Sunday.**

Mexican Layers: Cilantro infused pinto beans, layered with cumin-lime guacamole, shredded greens, sautéed sweet peppers and onions ...delicious, filling, Grab n' Go meal! 6 points per pint F and Nut Free. ...**This dish is great to grab from the fridge and enjoy at home or on the go. Enjoy by Saturday if not freezing. Delicious as is or pair with a grain, corn chips and/or heat up some tortillas (corn or brown rice tortillas...yum) and fill/roll the contents of this dish. For a lower calorie idea, use hearts of Romaine as your 'burrito shells'.**

A Yummy Testimonial: "Hi Roni,...Food was absolutely delicious - absolutely loving the love you put into it. Feeling grateful and nourished. L xo" Laila Standfordville, NY

Coconut Curried Butternut Squash Stew: Creamy butternut squash, carrots and veggies with coconut curried Indian spices, tofu and basmati rice all garnished with fresh chives 7 points per pint F and Nut Free ...**This soup freezes well. It's lovely eaten any meal of the day. Try adding salads for lunch/dinner meals.**

A Yummy Testimonial: "Heaven! I just finished some butternut squash soup...what a bright combination of textures and flavors. I love it. Elizabeth" Woodstock, NY

Chocolate Cake with Strawberries: Dark, rich, fudge chocolate cake topped with creamy coconut chocolate cream and sweet strawberries. Gluten free, vegan, freezes well AND it's delicious! Order extras! 7 points per piece F and Nut Free ...**This cake freezes well AND it's delicious immediately out of the freezer! For those of you counting calories who want a sweet something now and then without breaking the bank on daily calories, we suggest cutting up the cake as soon as it arrives. Take all those adorable leftover plant based tiny dressing containers, fill them with cake and pop them in the freezer for some portion controlled bite-sized cake treats to enjoy. xoxo Roni**

A Yummy Testimonial: “Hi Roni, Thanks for checking in! The food is wonderful, so nice and fresh! And the chocolate cake is to die for :) ...Thanks again, Samantha’ NY, 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

Rice milk, banana, kale, cashews, hemp seeds, ginger, lemon, dates, coconut oil 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 Coconut Cream and Strawberries



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)

