

# Healthy Gourmet To-Go

Conscious Gourmet Meals You Don't Have to Cook!

**25th Year Anniversary ~ Weekly Meal Delivery Company**



All: Organic, Vegan, Gluten Free Meals  
Packed in plant-based containers. Menu changes weekly  
[info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com)  
914.388.2162  
Cafe Open Mon/Tues. 11-16 12 Market St Saugerties, NY

## Next Delivery: Wednesday Nov 15

'Standard' Bag Menu...get all dishes below in quart/pint combos...for \$155  
'Family Style' Bag... choose 6 of the 10 dishes below and get all quarts...for \$165  
6 dishes freeze well "F" this week  
Points are an ode to Weight Watchers for those of you 'watching'  
First Delivery? Please contact us before ordering online to set up your account



**PLATE 1: Mexican Pepper Plate:** Baked poblano peppers stuffed with coconut jasmine rice and toasted chopped pumpkin seeds served on bed of brown lentil, cabbage n' kale chili plus roasted corn baked polenta topped with cilantro-seed pesto 13 points per quart

**A Yummy Testimonial:** "Roni I am so excited to eat! Just got home and put all the beautifully packaged food on the counter. Even in the containers it's yummy looking. It's not dinner time yet but I'm not waiting. Bon appétit to me! Hahaha Elaine" Danbury, Ct

**PLATE 2: Veggie Plate:** Sweet butternut squash drizzled with fresh basil aioli; carrots with fresh dill and olive oil; coconut-turmeric cabbage and oven roasted herbed zucchini 8 points per quart F

**A Yummy Testimonial:** "Hey it was awesome!!! On Wednesday I had a really long day and didn't get home till 11:30 and seeing that food in my fridge made my day! ... Taylor



**SALAD: Mediterranean Salad:** Hearts of Romaine topped with herbed chickpeas, kalamata olives, cucumber, tomato, sunflower seed-lemon 'feta cheeze' and herbed Greek stone ground mustard vinaigrette 5 points per quart

**A Yummy Testimonial:** "Thanks for the deliciousness!" Brian Lagrangeville, NY



**BURGER DISH: Quinoa Burger:** Baked pecan-crusted quinoa, apple n' sweet potato burger with kale, onion and fresh basil 5 points per burger



**A Yummy Testimonial:** "Hi Roni: I want to tell you that the burger dish this week was amazing. What a lovely combination of flavors!" Katherine Albany, NY



**RICE DISH: Asian Rice Pie:** Short grain brown rice casserole seasoned with toasted sesame, ginger, onions and dulce topped ribbons of toasted sesame zucchini drizzled with cilantro infused oil 10 points per piece F

**A Yummy Testimonial:** "Thank you looking forward to all the yumminess you create! xo Patti" Rock Hill, NY

**QUICHE: Spinach and "Cheddar Cheeze" Quiche:** Savory herbed oat-nut crusted quiche topped with cheddar 'cheeze', spinach and side of crispy coconut 'bacon' 10 points per quart F

**A Yummy Testimonial:** "Thanks for the deliciousness!" Brian Lagrangeville, NY



**TOFU: Tofu UNegg Salad:** Delicious tofu UNegg salad chock full of scallion, celery, red onion and 'mayo' with fresh dill topped w. marinated tomatoes garnish 6 points per salad

**A Yummy Testimonial:** "...I found a container of unegg salad! ...You can't even imagine the week I've had and finding that totally made my week! I ate most of it for lunch today. It is one of

my favorite things you make. It also softened the blow of realizing that I ran out of tapioca and now have to start eating real food...

😊 Thanks again! Karen” Tarrytown, NY



**RATATOUILLE DISH: Zucchini, Tomato, White Bean Ratatouille:**

Delicious veggies simmered with creamy white beans, zucchini, roasted tomatoes and sweet onions seasoned with fresh rosemary and sage served with fusilli brown rice pasta 6 points per pint **FA Yummy**

**Testimonial:** “Hi Roni, We’ve had a great week enjoying your delicious meals!.....Thank you. Best, Erin”

**STEW DISH: Indian Kitchari Stew:** Hearty delicious and cleansing mung bean and brown rice stew with sweet potatoes, onions, cabbage, parsnips and carrots simmered with garlic, ginger and Indian spices....get extras and do a cleanse for a day or more...\$10 each additional pint. 6 points per pint **F**

**A Yummy Testimonial:** “...Finding you has come at a perfect time in my life! I’ve been a vegetarian since I was 24, and I’m 51 now with many start and stops on becoming a vegan throughout the years so thank you again! Sincerely, CM” Amawalk,, NY



**DESSERT: Coconut Tapioca Pudding:** Creamy and scrumptious coconut tapioca pudding topped with rich dark chocolate cream and coconut cocoa garnish 6 points per 12 oz. container **F..... (Please add \$5 to your order when subbing out dessert for additional DISH, or add \$10 for additional SALAD or PLATE)**



.....Check out the Smoothie of the Week and add some to your Delivery!!!

.....Also available ...extra Cakes and Dressings....yum!

.....On the Website when on ORDER HERE page simply choose your Bag then add extras to your cart!!!

~~~**Add some yummy extras to your Bag of Specials**~~~

**Delicious Smoothie of the Week**

~~~**Blueberry Blast**~~~

Rice milk with blueberry, banana, cashews, chia seed, dates, coconut oil and vanilla

\$15 each smoothie .....16 oz. mason jar

Start your day with a nutritious smoothie or enjoy one as a high protein mid day snack!



**Yummy Testimonial:** “The smoothie was AMAZING.” Barbara Platteville, NY

### ~Vegan “Sea” Caesar Dressing~

Enjoy delicious salads all week long!!!! Order a jar of our decadent, vegan “Sea” Caesar Dressing. It’s great on salads, veggies, grains, beans...yes, even on pasta!  
\$15 per 16 oz. mason jar



Add one to your Bag of Specials!

**Yummy Testimonial:** “One more item please :). Ooh the Dressing is so good, can I get one of those too? Kimm” Red Hook, 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

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

