

Healthy Gourmet To Go

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Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477
Delivering vegan meals to busy people for almost 30 years!



Nov. 16th Menu

*9 dishes freeze well this week.
See "F" on lid for freezable dishes.*

"Bolognese" Pasta Plate: Delicious, hearty bolognese "faux meat sauce" served with brown rice penne. Chunky and delicious sauce simmered with roasted tomatoes, chickpeas, portabella mushrooms, vegetables and fresh basil garnished with house made dairy free-walnut "parmesan cheeze" and shaved roasted Brussels sprouts ...delish! 14 points per quart F and NUTS (walnut in "parma")

***A Yummy Testimonial:** "Among your many HGTG smash hit, creative dishes, one of our favorites, is the Pasta Bolognese Plate! I heard an exuberant "Yay" from Helena, when she saw it on the menu. We both smiled, like when you heard a good friend was coming to visit! Love and thanks, Bob and Helena" NY, NY*

Thai Veggie Plate: Turmeric roasted cauliflower, toasted sesame spiced carrot logs, ginger sesame seasoned kale salad garnished with pickled beets 8 points per quart F and Nut Free

Split Pea soup: Green split peas simmered with carrots, garnet yams, celery and fresh dill 5 points per pint F and Nut Free

A Yummy Testimonial: “Best pea soup ever and loved the UNTuna! Geri” Rhinebeck, NY

Indian Dahl n’ Chapati: Indian spiced red lentil dahl with chives and sautéed onions topped with greens and grilled coconut chickpea chapati filled with green peas and cilantro 6 points per pint F and Nut Free

A Yummy Testimonial: “... Delicious!!! And mmm mmm that Indian dish with the little pancakes - One of my faves!!!” Cynthia Wappinger Falls, NY

Mediterranean Sandwich: Grilled buckwheat flax bread stuffed with parsley-chickpea hummus, grated carrots, kalamata olives, cucumber, avocado, stone ground mustard, lettuce and pickled red onions 7 points per sandwich Nut Free

A Yummy Testimonial: “Another testimonial: Your Mediterranean Sandwich is a guilt-free veggie-packed taste sensation that makes a great lunch and gets me through a long day ❤️” Amy NY, NY

Butternut Squash n’ Sausage”: Yummy butternut squash topped with grilled white bean “sausage” served with basil cream sauce 4 points per pint F and Nut Free

Guatemalan Stew: Hearty warming stew with pinto, black beans and brown rice stew simmered with sautéed peppers and onion garnished with roasted corn and mini sweet peppers. 6 points per pint F and Nut-Free

A Yummy Testimonial: “I love the Guatemalan stew with the 🌶️ pepper on top. Please make it a regular on the menu.” Becky Dunellen, NJ

Pad Thai Noodles: Thai rice noodles (delicious cold and even better hot) tossed with creamy house made peanut ginger Thai sauce made with freshly ground peanut butter and topped with cumin cabbage tri-color slaw garnished with chopped peanuts...Yum! 7 points per pint F and NUTS (peanut)

Italian “Pizza” Casserole: Short grain brown rice casserole filled with sun-dried tomatoes, capers, green peas and fresh basil topped with “mozzarella cheeze,” herbed tofu “ricotta cheeze” and sautéed zucchini and onions 9 points per large piece F and Nut Free

A Yummy Testimonial: “BTW, last week’s pizza was a hit in our house. I should have ordered more; I’m not good at sharing :-)” Daryl Highland, NY

Apple Crumble: Sweet apples baked with cinnamon, oats, walnuts, chocolate chips and chia seeds topped with house made coconut “whipped cream” 6 points per container F and NUTS (walnut)

A Yummy Testimonial: “Devouring the apple crumble as I type this. Yum!! ...It is lethally yummiier heated up!” Jeanne NY, NY

Add yummy extras to your Bag at check out:

- Double up on any of this week’s dishes
- “Sea” Caesar-the cashew *everything* dressing
- Untuna salad
- Immune shots w. Ginger, lemon, cayenne, black pepper
- Smoothie of the week
- Quesadillas
- Stuffed grilled “cheeze”

A Yummy Testimonial: “Yay for a quart of your delicious Untuna salad - soooo freaking good!” Danielle Greenwood, NY

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

A Yummy Testimonial: “I love my “bug catcher” so much. I used to turn a plastic cup onto them and slide a piece of cardboard under end lift off and bring outside. This is so much easier!! 🤔” Corinne Newburgh, NY