

Healthy Gourmet To Go

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Or go online to order: HealthyGourmetToGo.com
Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477
Delivering vegan meals to busy people for almost 30 years!



A Yummy Testimonial:

“Had the tofu scramble for breakfast, finished the Bombay stew for lunch and had the whole pad Thai portion for dinner and finished the Pumpkin Spice cake for dessert! Wow!

What a treat all around! Thank you Chef Roni!”

Diane Woodstock, NY

November 14/15th Menu

“Chicken Parm” n’ Penne Plate: Baked walnut crusted tofu “chicken” topped with melted “mozzarella cheeze” served over brown rice penne with green peas, sautéed onions and broccoli rabe topped with basil pesto and walnut “parma” 8 points per quart F and NUTS (walnut)

Indian Saag Plate: Chickpea, spinach and onion saag served over coconut jasmine rice, plus garlic, lemon, cilantro sautéed zucchini and side apricot cardamom chutney 8 points per quart F and Nut Free

Sopa de Frijoles Negros: Tasty Mexican black bean soup with basmati rice, onions, scallion and corn garnished with cilantro-polenta dumplings 4 points per pint F and Nut Free

Scramble n' Spuds: Italian inspired tofu scramble filled with sautéed onions, green peppers, black olives, kale and basil topped with herbed red roasted potatoes 6 points per pint F and Nut Free

Asian Bowl: Short grain brown rice topped with mung beans and carrot sesame ginger dressing served with toasted sesame kale salad garnished with pickled red onions 5 points per pint F and Nut Free

Plantain n' Pesto: Scrumptious baked naturally sweet plantain fritter served on bed steamed greens and chipotle brown lentils plus diced avocado smothered in cilantro pumpkin seed pesto 6 points per pint F and Nut Free

Roasted Cauliflower n' Veggies: Turmeric roasted cauliflower served with carrot logs in dill sauce, plus steamed butternut squash with thyme infused olive oil 3 points per pint F and Nut Free

Gentle Lentil Stew: Soothing, warming, hearty red lentil stew with loads of vegetables (carrot, onion, butternut squash, lacinato kale plus brown rice and fresh basil 3 points per pint F and Nut-free

Pasta "Bolognese": Delicious, hearty faux "meat sauce" served with brown rice penne pasta. Chunky, delicious sauce simmered with roasted tomatoes, chickpeas, Portabella mushrooms, vegetables and fresh basil topped with our house made walnut "parmesan cheeze"...delish! 6 points per pint F and NUTS (walnut)

Chocolate Snickerdoodle Cake: Scrumptious dark chocolate cake topped with peanut butter mousse and candied peanuts...yum! 7 points per slice F and NUTS (peanuts) ...**This dish freezes well. Enjoy right from the freezer (yes, seriously!) If you want little bits of cake as a treat sometimes, cut up the cake and freeze in the cute little dressing cups you may have accumulated from Healthy Gourmet To Go deliveries. Freeze them and you'll have a little shot of cake**

when you want one. If not freezing, please enjoy by Sunday and always best (IMHO) when served cold.