

# Healthy Gourmet To-Go

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

**Delicious, compassionate cuisine to your door for 25 years!**  
**Packed in plant-based containers and made with love!**

**info@HealthyGourmetToGo.com 914-388-2162**

**Healthy Gourmet Cafe:**

Vegan GF Cafe open for sit down/take out Mondays and Tuesdays 11AM to 6PM. Located 1 mile from Exit 20 on NYS Thruway. Come fill your fridge if you don't want a delivery!



**A Yummy Testimonial:** "Hi Roni, ...It has been an extremely long and stressful week, and we have enjoyed your food very much! Food is top quality and delicious! It was important to me for it to be organic and vegan (of course). I already recommended to a friend! ...Thanks again! Mary Jo" Ballston Spa, NY

## Menu for 10/10 Delivery

**8.5 dishes...** freeze well "F" this week

Points are an ode to Weight Watchers for those of you 'watching'

**Tofu TV Dinner Plate:** Walnut-herb crusted baked tofu served over rosemary-garlic smashed spuds n' peas plus oven roasted cauliflower and parsley-pumpkin seed pesto  
10 points per quart F

**Pasta Puttanesca Plate:** Herbed grilled zucchini squash topped with rich house made basil-cashew "ricotta cheeze" served over brown rice fusilli pasta tossed in a delicious Puttanesca sauce simmered with roasted tomatoes, black olives, capers, sautéed garlic and fresh basil 11 points per quart F

**Fall Vegetable Soup:** Delicious and nourishing cabbage n' root vegetable soup (carrots, cabbage, kale, parsnips, sweet potatoes and more) with roasted garlic and basil...add on extra pints for your breakfast or even healthful low cal snacks during the day! 3 points per pint F

**Mexican Polenta Salad:** Grilled baked polenta with corn served over hearts of romaine with black beans, HGTG's own house made almond 'feta cheeze', dill infused cucumber served with side of banana cumin vinaigrette 7 points per quart

**Butternut Squash Stew:** Rich Italian stew with butternut squash and sautéed onions simmered with white beans, jasmine rice, roasted garlic, green peas and fresh sage 5 points per pint F

**Rosemary Sweet Potato Pie:** Scrumptious baked mini sweet potato pie with fresh rosemary and onion served over seasoned broccoli n' cabbage 5 points per pint F

**Wild Rice Salad:** Cool, nutty wild and short grain brown rice salad tossed with shredded coconut, creamy avocado, crisp apples and sweet grapes tossed in a lemon-lime curried dressing 8 points per container

**Quinoa Stuffed Portabella Mushroom:** Walnut crusted quinoa stuffed portabella mushroom with sautéed spinach and onions, toasted walnuts and fresh basil garnished with oven roasted red pepper. All you need to do is bake to perfection for a divine dish! Yum! 5 points per shroom F(after freezing)

**Green Pasta:** Great n' green pasta pesto with sage, spinach, kale and basil tossed with Thai rice noodles garnished with marinated tomatoes and toasted sesame seeds 6 points per F

**Apple Pecan Crumble:** Sweet Fall apples baked with oats, pecans, raisins and coconut topped with house made coconut "whipped cream" 5 points per container F

## **Extras you can ADD to your Bag this week:**

**Dressing ~ Smoothies ~ Cake ~ Immune Shots**

### **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!

15 per jar.....16 oz. mason jar ~ Add one or more to your Bag

Yummy Testimonial: "You truly need to find a bottler/distributor for that sea Caesar dressing, it wouldn't stay on shelves locally and I am glad it is back in my home." Jane Esopus, NY

## **Smoothie of the Week:**

### **Butter Pecan Super Smoothie**

Rice milk, banana, pecans, hemp seed, flax seed, chia seed, irish moss, maca powder, young baby coconut oil and vanilla...yum!

\$15/per 16 oz. mason jar

**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

## **Cake of the Week:**

### **Chocolate Cake with Raspberry Cashew Cream and Candied Nuts**

\$7.00 per slice

**A Yummy Testimonial:** "The chocolate peanut cake was sick. That could be my staple. I believe it covers all the food groups." Joan W. Hurley, NY

## **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 n' cleaning out what ails you! 2 oz. ea. 1 shot...\$5.00 ea. or 3 shots...for \$10.00 (buy 3 you'll get 4th one FREE)

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

