

Healthy Gourmet To Go

Compassionate Clean Cuisine to your door for 28 years and counting!

All: Organic, vegan, gluten free, ready-to-eat, plastic free
12 Market St. Saugerties ~ info@HealthyGourmetToGo.com ~ 914-388-2162 ~ Cafe open Mon./Tues.



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

Menu for Delivery 10.12 or 10.13

9 dishes freeze well this week (there will be an F on the label)
See points after each dish as an ode to Weight Watchers

Indian Plate: Indian and lemon spiced red lentil Dahl served over coconut basmati rice plus turmeric baked cauliflower and side of apricot cardamom chutney 7 points per quart F and Nut Free

A Yummy Testimonial: "Thanks so much! Looking forward to getting all of your homemade deliciousness that looks good, tastes good, and is good for you! Danielle" Greenville, NY

Tofu "Nuggets" Plate: Crusted crispy baked tofu "UN-chicken Nuggets" served over oven roasted potatoes with side of "Russian" dressing and delicious smashed butternut squash with 7 points per quart F and Nut Free

A Yummy Testimonial: "...Things have been busy for us. I started my new job and we are in the process of buying a house. But the food was delicious last week! When will you be making the "tuna" again? Looking forward to this weeks meals! Kimberley" Selkirk, NY

Thai Coconut Curried Garnet Yam Soup: Creamy delicious yam and vegetable soup with coconut milk and Indian spices (yum) garnished with curried cashews 6 points per pint F and NUTS (cashew garnish)

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

Pasta n' "Sausage": Brown rice fusilli pasta tossed with sautéed onions n' broccoli plus fresh basil and kale topped with scrumptious, house-made, grilled white bean "sausage" 6 points per pint F and Nut Free

A Yummy Testimonial: "Thank you as always, helping us stay healthy in such a yummy way. HGTC is the vegan source for me! Said she and he... Love Bob and Helena" NY, NY

Tofu UN-Egg Salad: Delicious tofu UN-Egg salad filled with scallion, celery, red onion, 'mayo' and fresh dill. NOT doing tofu? Please let us know and we'll take care of you. We'll swap this dish for chickpea UN-Tuna (pecans) or another stew. Want UN-Egg and UN-Tuna? Simply add an additional pint or quart of one/the other or both at check out online! 6 points per pint F and Nut-Free

A Yummy Testimonial: "Thank you! I think I could live off the Un-egg salad alone!" Susan Voorheesville, NY

Italian 'Pizza' Casserole Dish: Thick layer of brown rice with sautéed onions, capers, kale and basil topped with "mozzarella" cheese and oven roasted slivers of zucchini 5 points per large pint F and Nut Free

A Yummy Testimonial: "Roni dear, Your pizza is ridiculously delicious! Please make it a regular. You may quote me. Barbara xoxo" W. Saugerties, NY

Guatemalan Stew: Delicious black and pinto bean stew with short grain brown rice, corn, onions and yam with a chipotle kick (or not if you prefer mild) topped with grilled sweet peppers (or not if you're not doing nightshades) and chives

Asian Thai Noodles n' Kale Salad: Delicious combo of flavors create this delicious, healthful pesto (spinach, kale, basil and toasted sesame seeds) tossed with Thai rice noodles topped with marinated Asian toasted sesame kale salad 7 points per pint F and Nut Free

A Yummy Testimonial: "The faux bolognese was REALLY delicious! Loved the Pad Thai too. Of course devouring the chocolate cake! xj" Joan Woodstock, NY

Quinoa Mexicali: Cilantro-lemon quinoa studded with toasted pumpkin seeds, green peas and zucchini topped with red onion-lime guacamole topped with shredded greens and grill onion bits 5 points per pint Nut Free

Fall Chocolate Cake: Dark, rich, fudge chocolate cake topped with rich and creamy chocolate pumpkin mousse and candied nuts...yum! Gluten free, vegan, freezes well AND it's delicious! Order extras! 7 points per piece F and NUTS (walnut/pecan)

A Yummy Testimonial: "OMG your cooking is divine. All of it! But of course, the chocolate cake with berry cream is just the thing that puts you over the edge! You are amazing. LOVE xoxo R & B" W. Saugerties, NY

**ADD Extras to your Bag this week at check out.
Here are a few extras you can add on:**

Dressing, Smoothies, Sandwich, Cake, Shots

**Sandwich of the Week:
*Stuffed Grilled ‘Cheeze’***

Scrumptious Grilled “Cheeze” Sandwich stuffed with avocado and kalamata olives...yum. On
grilled flax-buckwheat bread

\$13 ...per sandwich (nut free)



Dressing of the Week

Vegan “Sea” Caesar Dressing

Enjoy delicious salads all week long! Order a jar of our decadent, vegan “Sea” Caesar Dressing.
Great on salads, veggies, grains, beans...yes, even on pasta!

\$15 per jar ...16 oz. mason jar (cashew)



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, N

Smoothie of the Week ***Raspberry Chia Monkey***

Rice milk, bananas, raspberry, freshly ground peanut butter, chia, cocoa, vanilla

\$15/per jar ...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 Chocolate Pumpkin Mousse n' Nuts



\$7.00 per slice (walnut/pecan)

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 (nut free)

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