

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 10.19 or 10.20

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

Grilled Tofu Plate: Marinated n' grilled tofu over short grain brown rice with ginger miso tahini plus oven roasted Asian Brussels sprouts garnished with apple cider vinegar pickled red onions 9 points per quart F and Nut Free

A Yummy Testimonial: "...To not have to cook when it's already 9:30 pm and I am so tired is such a huge gift..."
Rebecca Woodstock, NY

Fall For Me Pasta Plate: Roasted butternut squash and sautéed zucchini with house made herbed tofu "ricotta cheeze," toasted walnuts and fresh basil tossed with brown rice fusilli pasta 8 points per quart F and NUTS (walnut)

Tuscan Tomato Rice Soup: Escarole, kale, roasted tomatoes, carrots and jasmine rice, simmered with fresh basil topped with house made walnut 'parma cheeze' 5 points per pint F and NUTS (walnut)

A Yummy Testimonial: "Yes, we'll re-up for the month. We're really enjoying it. Yummy! ...Kindly, Liz" New Paltz, NY

Wild Kale Salad: Delicious, healthful kale salad chock full of red onion, tomato and smashed avocado on a bed of lemon-herbed wild rice 3 points per pint Nut Free

Pad Thai Noodles: Delicious Thai peanut-ginger sauce tossed with rice noodles topped with oven roasted cauliflower garnished w. chopped peanuts and cilantro 5 points per pint F and NUTS (peanut)

A Yummy Testimonial: "Hi Roni, ...Thinking of you as we just had the delicious Mac and cheese for dinner. We loved it!" Larry Greenwich, Ct.

Lentil n' Veggies: Sweet red beet and brown lentil salad dressed in a stone ground mustard sauce topped with grilled zucchini and grilled garlic chunks 4 points per pint F and Nut Free

Smashed "Cheezy" Potatoes: Creamy chunky smashed red potatoes and melted 'mozzarella cheeze' garnished with house made tapenade filled with roasted red peppers, eggplant, basil and black olives 6 points per pint Nut Free

A Yummy Testimonial: "Hi Roni, ...You help us get through busy times at work, and now I'm running for office and just overwhelmed with the campaign. And not eating enough vegetables! ...Thank you, K" Saugerties, NY

Coconut Curried Tofu Stew: Coconut-curried tofu stew with cabbage, butternut squash, garnet yams, corn, basmati and onions garnished with chives 7 points per pint F and Nut Free

A Yummy Testimonial: "Hi Roni are you making more of that tofu stew? I need more of it in my life... IT WAS SOOOOO GOOD. 😊" Sandra Kingston, NY

Quinoa n' Cauliflower: Quinoa with thyme-infused olive oil, lime and parsley topped with toasted almondine sautéed cauliflower 6 points per pint F and NUTS (almond)

Chocolate Cake: Dark, rich, fudge chocolate cake topped with rich raspberry coconut cream and chocolate chunks ...yum! Gluten free, vegan, freezes well AND it's delicious! Order extras! 7 points per piece F and Nut Free

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
Blueberry Cashew Blast

Rice milk, bananas, blueberries, cashews, dates, ginger, hemp seeds, coconut oil, 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 (Nuts)

OR

with Raspberry Coconut Cream n’ Chocolate (Nut Free)



\$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