

# Healthy Gourmet To-Go

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

For 26 years delivering delicious, compassionate, clean, cuisine right to your door  
Packed in plant-based containers and made with love!  
info@HealthyGourmetToGo.com 914-388-2162



Healthy Gourmet Cafe (100% Vegan/GF) is open to the public Mondays and Tuesdays 11AM to 6PM with Curbside take out. Please wear a mask and keep 6 feet apart at front door. xoxo

## Next Delivery Tues. 10/20 (local) and Wed. 10/21 (not so local)

*Food lovingly prepared by our small staff while wearing masks and gloves.  
Delivered right to your door by folks wearing masks and gloves.  
Your health and peace of mind are secure with us.*

## ~Menu~

### 8.5 dishes freeze well this week

An "F" on container lids means the dish freezes well.  
Points after each dish are an ode to Weight Watchers for those of you 'watching'

**Tofu "Fish" Sticks Plate:** Oven baked tofu "fish" sticks with side of Romesco (almond/roasted red pepper) dipping sauce, served with Yukon potatoes in lemon-dill sauce, plus red n' green coleslaw 9 points per quart 1/2F and NUTS (almonds)

**Japanese Plate:** Quinoa with Bok choy served with yummy carrot-ginger sauce plus toasted sesame cauliflower and tamari-cilantro Mung beans. Hearty, healing, warming and delicious. 7 points per quart F and Nut free

**Tuscan Tomato-Rice Soup:** Tomato-rice soup with garbanzo beans, vegetables, olives and fresh basil topped with house made walnut 'parma cheeze' 5 points per pint F and NUTS (walnut)

**Guatemalan Bowl:** Grilled sweet (not sweetened) plantain fritters layered with kale, pinto beans, sautéed Spanish onions and avocado cubes in cilantro pesto 8 points per pint F and Nut Free

**Savory Sweet Potato Rosemary Kugel:** Scrumptious baked sweet potato kugel with fresh rosemary, toasted walnuts and onion served with lovely stone ground mustard tahini spread F and NUTS (walnut)

**Acapulco Stew:** Coconut basmati rice served with Calabacitas (stewed zucchini with Lima beans, onions and corn) ...so mild and delicious! 6 points per quart F and Nut-Free

**Butternut n' Pasta:** Brown fusilli pasta with roasted butternut squash, wilted kale, grilled onions and house made tofu 'ricotta cheeze' garnished with crispy fried sage leaves xoxo 7 points per pint F and Nut Free

**Sicilian Stew:** Creamy cannelloni, capers and cabbage stewed with broccoli, basil and brown rice 5 point per pint F and Nut Free

**Wild n' Wonderful:** Earthy wild rice and basmati rices tossed with toasted pecans and rosemary sautéed apples n' onions F and NUTS (pecan)

**Snickerdoodle Chocolate Cake:** Dark, rich, fudge chocolate cake topped with creamy peanut butter mousse topped with sweet candied peanuts. Gluten free, vegan, freezes well AND it's delicious! Order extras! 7 points per piece F and NUTS

**ADD Extras to your Bag this week...see below.**

*Untuna ~ Dressings ~ Smoothies ~ Cakes ~ Immune Shots...*

## **UNTuna Salad**

### **Chick Pea Untuna Salad**

A lovely high protein chickpea salad you can enjoy with a fork, on toast, crackers or rolled in lettuce leaves.



**A Yummy Testimonial:** "...please add some untuna salad. I'm pretty sure I could live on that for the rest of my life. 🥰 thanks again!! 🙌🥰". Marcia Waterford, NY

Pint...\$10.00 Quart...\$20.00

## 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!



**A Yummy Testimonial:** Confirming her order for a jar of "Sea" Caesar dressing she wrote, "Yes please! We are almost drinking it! 🥰🥰🥰" Marie NY, NY

**A 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, NY

16 oz. mason jar...\$15.00 ~ Add one or more to your Bag

## Smoothie of the Week

### Raspberry Chocolate Chia Monkey

House made hemp milk, banana, freshly ground peanut butter, raspberries, cocoa, chia seeds and vanilla



**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

16 oz. mason jar...\$15.00

## Cake of the Week:

### Chocolate Snickerdoodle Cake



**A Yummy Testimonial:** “Hi Roni, thanks for the choc cake. V. let me have some. It’s still my favorite dessert on the planet... Lee” Dobbs Ferry, NY

Slice...\$7.00

## 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 and cleaning out what ails you! Each shot....2 ounces.

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

1 shot....\$5.00 ea. **or** 3 shots...for \$10.00 (you’ll get 4...one is FREE)