

Healthy Gourmet To Go

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Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477
Delivering vegan meals to busy people for 30 years!



Week of Oct. 2nd Menu

9 dishes freeze well this week and will have an F on the lid

“Fish Fillet” Plate: Baked n’ crusted tofu “fish fillets” served over wild-brown rice stuffing with fresh rosemary, sautéed onions and toasted walnuts with side of lemon caper dill “tartar” sauce and garlic ’n oil sautéed cabbage 9 points per quart F and Nut Free

Holiday Veggie Plate: Assorted veggies: roasted sweet red beets; smashed olive oil-basil butternut squash and turmeric roasted cauliflower all garnished

with an itty-bitty roasted garnet yam 5 points per quart F and Nut Free

“Matzo” Ball Soup: Two deliciously herbed brown rice “matzo” balls in a savory mixed vegetable soup (carrots, parsnips, turnips, celery, onion, kale) with fresh parsley n’ dill...yum! 4 points per pint F and Nut Free

Tofu UnEgg Salad: Delicious tofu UnEgg Salad filled with scallion, celery, red onion, ‘mayo’ and fresh dill 6 points per pint F and Nut Free

Kasha Varnishkas: Roasted buckwheat kasha deliciously tossed with brown rice fusilli pasta with caraway caramelized onions all smothered in brown herbed gravy 6 points per pint F and Nut Free

Lentil “Chopped Liver”: Lentil-walnut pâté...better than Grandma Eleanore used to make! More delicious AND no geese were harmed! 5 points per container F and NUTS (walnut)

Baked Potato Kugel: Savory baked potato-onion-parsnip kugel with side of walnut basil pesto served over navy beans with sautéed zucchini and onions 7 points per pint F and NUTS (walnut)

Healing Kitchari Stew: Gentle, healing red lentil 'n brown rice stew with garlic, ginger, butternut squash, garnet yam, carrot, onion and curry spices...super healing, no oil, no salt and great for cleansing. Enjoy for a day cleanse or for more than one day...freezes well (get extras at check out.) 5 points per pint F and Nut Free

Falafel n' Tabbouleh: Baked aduki bean-sweet potato-veggie falafel served with side of lemon-cumin tahini sauce on bed of quinoa tabbouleh with mint, parsley, tomato, red onion and cucumber 4 points per pint Nut Free

Coconut "Macaroons" 'n Chocolate Drizzle: Delicious coconut cookies for the holidays. Coconut-almond macaroons drizzled with dark chocolate ...yum! 7 points per container F and NUTS (almond)