

Healthy Gourmet To-Go

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

For over 25 years delivering compassionate, clean, cuisine right to your door

All: vegan, gluten free, organic and packed in plant-based containers

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Vegan~Gluten Free~Organic Passover-Easter Menu

Delivery Wednesday 4/17

Locals you can pick up Tuesday PM or Wednesday AM

A Yummy Testimonial: "...you are slowly turning me into a vegan- i never knew vegan food can taste so good! Kristen" Delmar, NY

Good Friday Fish 'Fry' Plate: Walnut rosemary crusted baked tofu 'fish sticks' served over wild/brown rice stuffing infused with sautéed onions n' Braeburn apples, toasted pecans and dried cranberries with side of lemon-caper-dill 'mayo' 11 points per quart F and NUTS

Having a gathering? Order extra:

1/2 tray pan stuffing...\$50

Crusted Tofu...\$5 each.

Lemon-caper-dill 'mayo'...\$10 per 8 oz. jar

A Yummy Testimonial: "Roni, The food was great and we both (vegetarian and carnivore) loved the meals we've had so far..." Steve Monroe, NY

Holiday Savory Tart Plate: Delicious baked oat nut crusted savory tart filled with cheddar 'cheeze,' sautéed sweet onions, curly kale and kalamata olives served over carrot logs with side of fresh chive oil 8 points per quart F and NUTS

Having a gathering? Order extra:

1 quart size tart...\$20

1/2 tray pan...\$65

Matzo Ball Soup: Two delicious dill seasoned brown rice 'matzo' balls (served on the side) with a savory mixed vegetable soup (carrots, parsnips, turnips, etc.) with oven roasted garlic and fresh parsley n' dill...yum. 5 points per pint F and NUT-FREE

Having a gathering? Order extra:

Pint of soup...\$10

2 extra 'matzo' balls...\$5.00

A Yummy Testimonial: "Hi Roni, Your food is changing life for my family! Thank you for your delicious meals. I feel the love as I eat them... Caroline" Highland, NY

"Chopped Liver"/Lentil 'Faux Foie Gras': Lentil-walnut pate'...better than Grandma used to make! Garnished with raw crudités 6 points per container F and NUTS (remove raw veggies to freeze pate')

Having a gathering? Order extra:

Pint pate'...\$15

Quart pate'...\$25

Pint crudités...\$8

A Yummy Testimonial: "Of course, everything that you make is wonderful, but I do have to say a special thank you for veggie chopped un chicken liver. But please, it's not just for Passover is it? It's another one of your dishes that just makes me happy!!! Love and thanks for all you do. Christine" Woodstock, NY

Baked Potato Kugel: Savory baked mini potato-onion kugel pies served with side house made Gala apple sauce 7 points per pint (2 mini pies) F and NUT-FREE



Having a gathering? Order extra:

Mini kugel...\$5 each

Gala apple sauce...\$10 per 8 oz.

YUMMY TESTIMONIAL: “ Had the kugel for dinner last night and was as good as any I had as a child. There was magic in it. Happy Pesach. Andrea W. Hurley, NY

Kasha Varnishkas: This holiday dish is usually made on Rosh Hashanah but we had some requests so... Roasted buckwheat kasha deliciously paired with brown rice pasta smothered in brown herbed gravy and caramelized onions 7 pts per pint F and NUT FREE

Having a gathering? Order extra:

Per quart...\$20

1/2 tray pan...\$60

Side of gravy/8 oz...\$10

Yummy Testimonial: “Your Kasha Varnishkas- a Smash Hit! Christine” Windam, NY

Tofu UNegg-Salad: (And this again too for all who requested it for their gatherings. You can get this OR opt for the chickpea UNTuna. Want pints of both? Add \$10 to your order.) Delicious cool tofu UNegg Salad filled with scallion, celery, red onion, ‘mayo’ and fresh dill topped with coconut ‘bacon’ 6 points per salad... Having a gathering? Order extra. Per quart (of Unegg or Untuna)...\$20

A Yummy Testimonial: “...I found a container of unegg salad! ...You can't even imagine the week I've had and finding that totally made my week! I ate most of it for lunch today. It is one of my favorite things you make. It also softened the blow of realizing that I ran out of tapioca and now have to start eating real food... 🥰 Thanks again! Karen” Tarrytown, NY

Japanese Stew: This isn't a holiday stew, but who doesn't love a good stew any day of the week? Sesame-ginger infused stew chock filled with garnet yams, speckled with chickpeas, cabbage and kale garnished with fresh mint, toasted sesame seeds/oil...yum! 6 points per pint F and NUT-FREE

Having a gathering? Order extra:

Extra pints ...\$10 each

Middle Eastern Hummus: Basil n' roasted garlic white bean hummus smooth n' creamy served garnished with toasted cumin red cabbage slaw 6 points per pint F and NUT FREE

Having a gathering? Order extra:

Extra pints ...\$15 each

Extra quart...\$25 each

DESSERT: Coconut Tapioca Pudding: Rich coconut tapioca pudding - creamy and scrumptious...even tapioca haters LOVE HGTV's tapioca pudding...infused with chocolate chips topped with strawberry coconut cream AND fresh strawberries! 6 points per 12 oz. container F and NUT-FREE

**Having a gathering? Order extra:
Tapioca...\$15 per pint
Tapioca...\$25 per quart**

A Yummy Testimonial: "As a child, tapioca pudding was one of my favorites. Since going dairy free, pudding is a comfort food I miss. But yours is so delightful and I am grateful for a vegan alternative for one of my favorites. Thanks for being you, Katherine" Troy, NY

ADD Extras to your Bag this week...see below.
Dressing, Smoothies, Cake, Shots

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 ~ Add one or more to your Bag of Specials!

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

Smoothie of the Week

Green Goddess Smoothie

Rice milk, bananas, kale, cashews, young coconut oil, dates, lemon, ginger, hemp seed, chia seed, flax seed 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 Strawberry Coconut Cream n' Strawberries

\$7.00 per slice



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

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