

Healthy Gourmet To-Go

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



For over 26 years delivering compassionate, clean, cuisine right to your door

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

info@HealthyGourmetToGo.com ~ 914-388-2162

Delivery Tues. 4/7 (local) and Wed. 4/8 (not so local)

Food prepared with entire small staff wearing masks and gloves.

Delivered right to your door with delivery folks wearing masks and gloves.

Your health and peace of mind are secure with us.

Good Friday Fish 'Fry' Plate: Walnut rosemary crusted baked tofu 'fish sticks' served over wild rice/quinoa medley with green peas and toasted pecans plus loads of green kale and side of lemon-caper-dill 'mayo' 11 points per quart F and NUTS

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 and roasted Asparagus served with delicious carrot logs with fresh chive oil 8 points per quart F and NUTS



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

"Chopped Liver"/Lentil 'Faux Foie Gras': Lentil-walnut pate'...better than Grandma used to make! Garnished with raw crudité's 6 points per container F and NUTS

Baked Potato Kugel: Savory baked potato-onion-parsnip kugel square served with side house made apple sauce 7 points per square F and NUT-FREE

Kasha Varnishkas Pasta: 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 caraway caramelized onions 7 points per pint F and NUT FREE



Tofu UNegg-Salad: Delicious cool tofu UNegg Salad filled with scallion, celery, red onion, 'mayo' and fresh dill garnished with greens 6 points per salad F and NUT FREE

Indian Red Lentil Bombay Stew: Indian spiced red lentils simmered with sweet potatoes, zucchini, onions, kale and basmati rice garnished with cilantro pumpkin seed drizzle. 6 points per pint F and NUT-FREE

Pad Thai Rice Noodles: Delicious Thai peanut-ginger sauce tossed with rice noodles topped with tri-color cumin cabbage slaw garnished w. chopped peanuts 7 points per pint F and PEANUTS



A Yummy Testimonial: "... Best pad Thai I've had!" Alexandra NY, NY

Coconut Macaroon Cake with Chocolate Drizzle: Delicious flour-less coconut cake for the holidays. Coconut-almond macaroon cake drizzled with dark chocolate ...yum! 7 points each mac F and NUTS

Add Extras to your Bag at Check Out *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

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, N

Smoothie of the Week

Strawberry Chia Monkey

Rice milk, bananas, freshly ground peanut butter, cocoa, strawberries, young coconut oil, dates, hemp seed, chia 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 Cashew Cream n' Candied Peanuts

\$7.00 per slice



A Yummy Testimonial: “I ate that whole chocolate cake yummy yummy I saved none for M. Thank you 🙏”. Rhoney Woodstock, NY

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