

# Healthy Gourmet To Go

914-388-2162 to call/text your order or for info  
Or go online to order: [HealthyGourmetToGo.com](http://HealthyGourmetToGo.com)  
*Vegan~Gluten Free~Organic Meal Delivery and Cafe*  
12 Market Street Saugerties, NY 12477  
*Delivering vegan meals to busy people for almost 30 years!*

## ***Rosh Hashanah Inspired Menu***

- *Order early so we can fit you in!*
- *Locals feel free to order a la carte and P/U week of 9.27*
- *It's all celiac safe, vegan and organic!*



**“Fish” Sticks Plate:** Oven baked walnut coated tofu “fish” sticks served with lemon kale, side of caper dill “tartar” sauce over bed of wild n’ brown rice tossed with butternut squash and toasted pecans 11 points per quart F and NUTS (walnut/pecan)

**Vegetable Plate:** Turmeric roasted cauliflower, red beets with fresh dill, rosemary roasted potatoes and garnet yams with basil 5 points per quart F and Nut Free

**Matzo Ball Soup:** Delicious herbed brown rice ‘matzo’ balls in a savory mixed vegetable soup (carrots, parsnips, turnips, celery, onion, kale) plus fresh parsley n’ dill...yum 5 points per pint F and Nut Free

*A Yummy Testimonial: “Just want you to know how much we enjoyed the matzoh ball soup - absolutely terrific...Please keep up the good work, you are doing the world a favor. Pat” Saugerties, NY*

**Baked Potato Kugel:** Savory, crispy baked potato-onion kugel served with side of stone ground mustard mayo 5 points per square F and Nut-Free

*A 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... Andrea’ Esopus, NY*

**Kasha Varnishkas:** Earthy, warming and hearty toasted buckwheat kasha grain deliciously tossed with brown rice pasta garnished with herbed country gravy and caramelized sweet onions 8 points per pint F and Nut Free

**Split Pea Soup:** Hearty green split peas simmered with carrots, garnet yam, celery and fresh dill ...yum, yum, YUM! 3 points per pint F and Nut Free

**Faux “Chopped Liver” Pate:** Cool lentil-walnut pate’ (vegan “chopped liver” better than Grandma used to make *and* cruelty free) 5 points per container F and NUTS (walnuts)

*A Yummy Testimonial: Hi Roni, ...Thanks, I loved the “liver” pâté. Your seasonings of each dish are just incredible ! From Sue” Verplank, NY*

**Tofu UNegg-Salad:** Yummy tofu UNegg Salad w. scallion, celery, red onion, ‘mayo’ and fresh dill topped with shredded greens 6 points per salad F and Nut Free

**A Yummy Testimonial:** “Your UNegg salad was freeeking amazing!! Thanks so much. 💜”  
Joe Brooklyn, NY

**Mediterranean Sandwich:** Grilled buckwheat flax bread stuffed with chickpea-parsley hummus, kalamata olives, pickled cucumber, avocado, grated beets, stone ground mustard and lettuce 7 points per sandwich Nut Free

**A Yummy Testimonial:** “Those sandwiches were AMAZING!!!!” Susan Voorheesville, NY

**Tapioca Pudding:** Creamy and scrumptious coconut tapioca pudding, even tapioca haters LOVE HGTG’s delicious pudding...topped with chocolate coconut cream 6 points per 12 oz. container F and Nut Free

**A Yummy Testimonial:** “everything was delicious! loved the coconut tapioca pudding 🍪 best tapioca pudding i’ve ever had! already craving more! 😊💜”. Keri Saugerties, NY

**ADD Extras to your Bag this week at check out:**

*Dressing, Smoothies, Sammies, 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

\$15 ...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**

### ***Chocolate Chia Raspberry Monkey***

Rice milk, bananas, freshly ground peanut butter, raspberries, chia seeds, cocoa and vanilla \$15/per jar ...16 oz. mason jar (cashew...can be substituted)

**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

## **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