

# Healthy Gourmet To Go

Compassionate Clean Cuisine to your door for 25 years and counting!

All: Organic, vegan, gluten free, ready-to-eat, plastic free and mostly soy free Delivery Co.  
12 Market St. Saugerties ~ [info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) ~ 914-388-2162 ~ Cafe open Mon./Tues.

## Menu for Delivery on Sept 11



**8** dishes freeze well this week

**Standard Bag Menu below:** you get all 10 dishes below (pint/quart combo)...\$175

**Want a Family Bag?** you choose 6 dishes below (get all quarts...\$195

See points after each dish as an ode to Weight Watchers



**“TV Dinner” Plate:** Walnut crusted baked tofu served over rosemary-garlic smashed spuds with side of caper-dill-tomato ‘Russian’ dressing and oven-roasted cauliflower 11 points per quart F and NUTS

**A Yummy Testimonial:** “I just this second finished my TV Dinner plate...mine was with Brussels sprouts. So good! I ❤️ <3 Roni and Healthy Gourmet To-Go” Laura NY, NY

**Pasta “Faux Meat” Bolognese Plate:** Delicious, hearty bolognese “faux meat” sauce served with brown rice fusilli. Chunky and delicious with roasted tomatoes, chickpeas, portabella mushrooms, vegetables and fresh basil topped with house made dairy free-walnut ‘parma cheeze’ ...delish! 14 points per quart F and NUTS



**A Yummy Testimonial:** “Hi Roni - The pasta dish...is absolutely fantastic. Could you please tell me what it is called so that I can keep a look out for it? Thanks. Blessings, Muriel” Castleton on Hudson, NY (is was primavera)

**Wild n' Crazy Salad:** Delicious wild rice n' apple medley served over hearts of romaine with toasted walnuts, green grapes with a wild n' crazy “blue cheeze” dressing 6 points per quart 5 points per salad NUTS



**Coconut Curried Apple-Vegetable Bisque:** Creamy apple-onion-carrot-sweet potato coconut bisque with red lentils and Indian spices garnished with crispy sage 5 points per pint F and Nut-Free

**Savory Mex ‘Quiche-a-dilla’:** Savory herbed oat-nut crusted tart loaded with herbed black beans, roasted tomatoes, roasted cauliflower bits and cilantro infused house made sunflower seed ‘cheeze’ with side of guacamole ...yum! 9 points per piece F and NUTS

**A Yummy Testimonial:** “Just tried the tart, after freezing it. Amazing!” Michael Woodstock, NY

**Indian Korma:** Indian chickpea-potato Korma dish with coconut, cashews, broccoli, raisins, peas and cilantro in a yummy Indian spiced sauce 7 points per pint NUTS



**Supremely Stuffed Mushroom:** Pecan-crusted quinoa stuffed portabella mushroom with fresh basil and kale topped with roasted sweet onions. You get to bake this ready to bake dish to perfection for divine deliciousness! 5 points per shroom F and NUTS

**Original Mac n’ Cheeze:** Penne brown rice pasta with delicious, ‘cheesy’ sauce topped with ‘cheeze’ and sage breadcrumbs! Yum. 7 points per pint F and Nut-free



**A Yummy Testimonial:** “Can’t do without Roni’s mac n cheeze - an addiction, but a good one!” Barbara Saugerties, NY

**Mild n’ Marvelous Chili:** Brown lentil chili with sautéed peppers, zucchini n’ onions, plus sweet corn topped with herbed baked corny polenta garnish 6 points per pint F and Nut-Free



**Chocolate Cake with Whipped Cream:** Delicious dark, rich chocolate cake topped with creamy coconut house made whipped cream and fresh raspberries. It’s gluten free, vegan, freezes well AND it’s delicious! Order extras at checkout...\$7 each. 6 points per piece F and Nut-Free

**A Yummy Testimonial:** “The cake is great! You could definitely sell it. Frozen slices for Whole Foods, coast to coast! My housemate and I were both amazed at how moist it was after overnight shipping. GF cakes are generally a disappointment unless eaten right after they are baked.” Ginger NY, NY

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

*Dressing, Smoothies, Cake, Shots*

*(Just let us know what you'd like and a paypal invoice will be sent with your total)*

### **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.



**Yummy Testimonial:** "You truly need to find a bottler/distributor for that sea Caesar 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**

#### **Strawberry BLAST!**

Rice milk, bananas, strawberries, cashews, hemp seeds, lemon and ginger juices, dates and vanilla

\$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 coconut cream and fresh fruit**

\$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 PLUS....one FREE= 4 shots

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