

Healthy Gourmet To Go

Organic, vegan, gluten free, plastic free Meal Delivery Co.
12 Market St. Saugerties, NY ~ info@HealthyGourmetToGo.com ~ 914-388-2162

Ready to Eat Meals Right to Your Door Tuesday or Wednesday (menu below)

Café Open for Curbside Take Out/Seating Monday and Tuesday 11-6 (call for menu)



Menu for 9.14 or 9.15 Pick up or Delivery

Tofu “Fish” Sticks Plate: Oven baked tofu “fish” sticks served with smashed potatoes smothered in mushroom gravy plus lemon-hemp seed kale salad 10 points per quart Nut Free

A Yummy Testimonial: “Hi Roni... I just can't tell you how much I love the food and the ease it creates for me. Thanks again, Maurine” Pleasant Valley, NY

Deconstructed Green ‘Lasagna’: Layers of fusilli brown rice pasta layered with basil, house made cashew ‘ricotta cheeze,’ parsley-walnut pesto and mozzarella ‘cheeze,’ plus green peas, sautéed onions and zucchini 6 points per pint F and Nut Free ...

Mushroom “R-arley” Soup: Ode to Mushroom Barley soup...this one uses gluten free rice instead. Yummy and packed with veggies, mushrooms, rice and fresh herbs 5 points per pint F and Nut Free

A Yummy Testimonial: *“Roni, I had to let you know how much I enjoyed the Ode to Barley soup. I had it for breakfast this morning. It was the perfect thing to have on a day when there is a little nip in the air. I get to do it again tomorrow since I got two containers in the Family Style bag. I can't wait! Martin Ellenville, NY*

Indian Burger: Grilled jumbo burger with lemon-currried chickpeas and coconut jasmine rice, roasted corn n' cashews plus fresh cilantro topped with curried cream and grilled cabbage 8 points per burger F and NUTS

A Yummy Testimonial: *“Hi Roni, thanks for the delicious delivery yesterday. I dug right into the burger and damn, that's good! I'm feeling so good physically - it's such a blessing. Really appreciate it. xoxo! Be well, Paulina” White Plains, NY*

Arugula Pesto Sandwich: Delicious grilled buckwheat flax bread with garnet yam, arugula-pumpkin seed pesto, lettuce, plum tomato, pickled red onion, stone ground mustard and olives 7 points per sandwich Nut Free

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

Vegetable Gazpacho: Chunky gazpacho with tomato, cucumber, carrot, onion and celery with lemon garnished with veggie chunks, fresh basil and house made walnut 'parma cheeze' 2 points per pint F and Nut Free

Pad Thai Noodles: Thai peanut-ginger sauce tossed with rice noodles topped with turmeric roasted cauliflower and chopped peanuts 7 points per pint F and NUTS

A Yummy Testimonial: *“Hi Roni, I'd like to order this weeks bag of food - yum... I could live on your Pad Thai. Have a lovely day. Hugs, Barbara” Platteville, NY*

Quinoa n' “Crab-Cake”: Baby grilled tofu-veg “crab-cake” over quinoa with caper dill 'tartar' sauce 7 points per pint F and Nut free

Mexican Salad: This dish is yummy hot or cold. Coconut infused basmati rice plus black beans topped with diced avocado in chive sauce plus mango-corn-onion salsa garnished with grilled sweet mini orange (or red) pepper... delicious, filling, Grab n' Go meal! 6 points per pint F and Nut Free

A Yummy Testimonial: *“Delicious! OMG the Mexican dish was so FRESH tasting and the rice was perfect! ... you are an amazing cook! this is very exciting...” Leslie Pleasantville, NY*

Chocolate Cake with Chocolate Ganache n' Raspberries: Dark, rich chocolate cake topped with chocolate cashew ganache and smashed

raspberries. It's gluten free, vegan, freezes well AND it's delicious! Order extras! 6 points per piece F and NUTS (cashew)

ADD Extras to your Bag this week at check out.
Here are a few extras you can add on:
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

\$13 ...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 ***Raspberry Chia Monkey***

Rice milk, bananas, raspberries, chia seed, cocoa, freshly ground peanut butter 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

Cake of the Week:

Chocolate Cake with Coconut Cashew Ganache and Raspberries



\$7.00 per slice (cashew)

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