

Healthy Gourmet To-Go

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

**For 26 years delivering delicious, compassionate, clean, cuisine right to your door
Packed in plant-based containers and made with love!
info@HealthyGourmetToGo.com 914-388-2162**

Healthy Gourmet Cafe (100% Vegan/GF) is open to the public Mondays and Tuesdays 11AM to 6PM with Curbside take out. Please wear a mask and keep 6 feet apart at front door. xoxo



Rosh Hashanah inspired Menu

Delivery Tues. 9/15 (local) and Wed. 9/16 (not so local)

Food lovingly prepared with our 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.

Menu

10 dishes freeze well. "F" on Container lids means the dish freezes well.
Points after each dish are an ode to Weight Watchers for those of you 'watching'

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 (walnut/pecan)

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

Savory Tart Plate: Delicious baked oat nut crusted savory tart filled with cheddar 'cheeze,' sautéed sweet onions, broccoli and kale drizzled with pesto served with delicious carrot logs in fresh chive oil 8 points per quart F and NUTS (walnut)

Passover Matzo Ball Soup: Two deliciously herbed brown rice 'matzo' balls with a savory mixed vegetable soup (carrots, parsnips,



turnips, celery, onion, kale) with 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 crudites 6 points per container F and NUTS (walnut)

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: Traditional Rosh Hashanah dish. 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



Japanese Dashi Stew: Carrots, daikon, burdock root, tofu, brown rice and mushroom stew simmered with toasted sesame oil/seeds 6 points per pint F and Nut Free

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



Chocolate Cake with Chocolate Cream and Raspberries: Dark, rich chocolate cake topped with chocolate cream and raspberries... Gluten free, vegan, freezes well AND it’s delicious! Order extras! 6 points per piece F and Nut Free

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

Untuna~ Dressings ~ Smoothies ~ Cakes ~ Immune Shots...

UNTuna Salad

Chick Pea Untuna Salad

A lovely high protein chickpea salad you can enjoy with a fork, on toast, crackers or rolled in lettuce leaves.



A Yummy Testimonial: "...please add some untuna salad. I'm pretty sure I could live on that for the rest of my life. 🥰 thanks again!! 🙌🥰". Marcia Waterford, NY

Pint...\$10.00 Quart...\$20.00

Dressing of the Week **Vegan "Sea" Caesar Dressing**

Enjoy delicious salads all week long! Order a jar of decadent, vegan "Sea" Caesar Dressing. Great on salads, veggies, grains, beans...yes, even on pasta!



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, NY

16 oz. mason jar...\$15.00 ~ Add one or more to your Bag

Smoothie of the Week **Blueberry Blast Cashew Smoothie**

Rice milk, banana, blueberries, cashews, hemp seed, ginger, dates, coconut oil and vanilla



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

16 oz. mason jar...\$15.00

Cake of the Week:

Chocolate Cake with Chocolate Cream and Raspberries



A Yummy Testimonial: “Hi Roni, thanks for the choc cake. V. let me have some. It’s still my favorite dessert on the planet... Lee” Dobbs Ferry, NY

Slice...\$7.00

Immune Boosting Shot of the Week

Ginger - Turmeric Immune Shot...Buy 3, get one FREE!

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.

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

1 shot....\$5.00 ea. **or** 3 shots...for \$10.00 (you’ll get 4...one is FREE)