

# Healthy Gourmet To-Go

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

**Delicious, compassionate cuisine to your door for 25 years!**

**Packed in plant-based containers and made with love!**

**info@HealthyGourmetToGo.com 914-388-2162**



## **Healthy Gourmet Cafe:**

Vegan GF Cafe open for sit down/take out Mondays and Tuesdays 11AM to 6PM. Located 1 mile from Exit 20 on NYS Thruway. Come fill your fridge if you don't want a delivery!

## **Menu for 9/19 Delivery**

**Ratatouille n' Pasta Plate:** Delicious stewed zucchini, tomato, onion and red peppers simmered with white cannelloni beans and fresh basil garnished w. walnut 'Parma cheeze' served with brown rice fusilli pasta 9 points per quart F

**Potato Kugel Plate:** Savory baked mini potato-onion kugel served with butternut squash n' red lentil smashed with roasted garlic and rosemary plus steamed greens and side of walnut parsley pesto 8 points per quart F

**Green Split Pea Soup with Dill:** Green split peas simmered with carrots, celery and sweet garnet yams finished with fresh dill 5 points per pint F

**Indian Salad:** Hearts of Romaine topped with coconut curried apple salad, dried cranberries, toasted cashes, turmeric red cabbage slaw and cucumber 'raita' dressing 6 points per quart

**Quinoa n' Spaghetti Squash:** Italian quinoa with fresh sage, roasted garlic and peas served with spaghetti squash with roasted tomatoes and basil....yum. 4 points per pint F

**Broccoli and 'Cheddar' Tart:** Baked herbed-oat-walnut crusted tart topped with sautéed broccoli, spinach and onions and tapioca 'cheddar cheeze' garnished with coconut 'bacon' bits 9 points per quart F

**Israeli Chickpea Salad:** Crisp and fresh chickpea salad chock filled with cucumber, tomato, red onion, green peppers, mint and parsley w. a stone ground mustard rosemary dressing 5 points per pint

**Kasha Casserole:** Hearty roasted buckwheat kasha casserole filled with cabbage and chives topped with sautéed portabella mushrooms 'n sweet onions 7 points per quart

**Pinto Bean n' Peppers Chili:** Pinto beans simmered with roasted jalapeño and sweet green peppers, roasted tomatoes and onions plus jasmine rice and fresh cilantro...this chili has a delightful kick! 6 points per pint F

**Pumpkin Spiced Chocolate Chip Coffee Cake:** Delicious pumpkin spiced cake topped with dark chocolate chips and cinnamon-pecan streusel topping 7 points per piece F

## **Extras you can ADD to your Bag this week:**

**Dressing ~ Smoothies ~ Cake ~ Immune Shots**

### **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!

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: Butter Pecan Smoothie**

Rice milk, banana, pecans, chia seeds, hemp seeds, flax seeds, young baby coconut oil 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:**

**Pumpkin Spiced Chocolate Chip Coffee Cake ...\$7.00 per slice**

A Yummy Testimonial: "The chocolate peanut cake was sick. That could be my staple. I believe it covers all the food groups." Joan W. Hurley, NY

## **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 n' cleaning out what ails you! 2 oz. ea 1 shot....\$5.00 ea. or 3 shots...for \$10.00 (buy 3 you'll get 4th one FREE)

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