

# 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



## MENU for 9/22 and 9/23

**8** 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'

**Fall Fusilli Pasta Plate:** Brown rice fusilli pasta with fresh sage, broccoli rabe, sautéed onions, toasted walnuts topped with grilled zucchini and house made herbed cashew 'ricotta cheese' 13 points per quart F and NUTS (walnut/cashew)

**A Yummy Testimonial:** "Hi Roni, Girls loved the pasta (it was great)! Adults all really enjoyed the other dishes as well! The tart was especially good. Thanks, Alex" Delmar, NY

**Quesadilla Plate:** Grilled brown rice quesadilla filled with melted 'cheddar cheese,' and kalamata olives served over short grain brown rice with black beans, plus side of roasted corn/avocado salsa and coconut turmeric cabbage 11 points per quart F and Nut Free

**Coconut Curried Butternut Squash Stew:** Butternut squash and tofu simmered in a delicious coconut curried broth with basmati rice, kale and green peas garnished with fresh cilantro 7 points per pint F and Nut Free

**A Yummy Testimonial:** "Hi Roni, ...Thx so much for the monthly standard bag. I'm on the mend from major surgery and deeply appreciate the delivery here to us in Stuy Town NYC ...All the best always, Damien and S" NY, NY

**Mediterranean Salad:** Hearts of Romaine topped with herbed brown lentils, sautéed mushrooms, marinated cucumber, olives and creamed herbed vinaigrette 6 points per quart Nut Free

**Savory Yam Tart:** Baked herbed-oat-walnut crusted tart topped with smashed garnet yams, chiffonade kale, basil oil and toasted pecans 10 points per quart F and NUTS (walnut/pecan)

**Tex Mex Bowl:** Lemon cilantro quinoa served with herbed pinto beans plus sautéed sweet peppers n' onions and roasted tomatillo salsa 6 points per pint F and Nut Free

**Baked Zucchini Lasagna:** Yummy, low carb lasagna with strips of zucchini “noodles” layered with vegetable infused tomato sauce, house-made herbed tofu ‘ricotta cheeze’, capers and “cheddar cheeze” ...yum. 7 points per pint F and Nut Free

**A Yummy Testimonial:** “love the zucchini lasagna, kale/noodles and the plantains 🍌🍌🍌. Robin”  
Flieschmanns, NY

**New Potato Salad:** Delicious small potato salad chock filled with scallion, caramelized onions, navy beans, fresh rosemary and toasted walnuts...yum! 7 points per NUTS (walnut)

**Grilled Chapati n’ Dahl:** Indian spiced red lentil Dahl with corn topped with shredded greens and grilled curried carrot chive chickpea chapati 7 points per pint F and Nut Free

**Snickerdoodle Chocolate Cake:** Dark, rich, fudge chocolate cake topped with creamy peanut butter mousse topped with sweet candied peanuts. Gluten free, vegan, freezes well AND it’s delicious! Order extras! 7 points per piece F and NUTS

**A Yummy Testimonial:** “OMG, that chocolate snickerdoodle cake...THE BEST. I’m drooling just looking at it. 😍”  
Emily Wappinger Falls, NY

**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

### Strawberry Chocolate Chia Monkey Smoothie

Rice milk, banana, strawberry, cocoa, chia seeds, freshly ground peanut butter 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 Snickerdoodle Cake



**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

## **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.

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

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