

Healthy Gourmet To-Go

Compassionate Clean Cuisine to your door for 28 years and counting!

All: Organic, vegan, gluten free, ready-to-eat, plastic free
12 Market St. Saugerties ~ info@HealthyGourmetToGo.com ~ 914-388-2162



Vegan~Gluten free~Organic

Cruelty Free 2021 Thanksgiving Menu

Join the TOOP Revolution

(Turkeys Off Our Plates Revolution)

*Create gratitude and compassion this holiday
by leaving feathered friends off your table.
Let us make it simple and delicious for you.*

Get your food two ways:

Delivery Days: Tuesday, Nov. 23 or Wednesday, November 24

Pick up Days: Tuesday, Nov. 23 5-6 PM or Wednesday, Nov. 24 7:00-9:00 AM

Three ways to order your Thanksgiving Feast:

- **Standard Bag**...\$180 plus delivery/tax. You get the 10 dishes on the Menu (9 are pints; Wellington is a quart)
- **Family Bag**...\$200 plus delivery/tax. You get 6 quarts on the Menu (you choose).
- **Ala Carte Bag**...Order any amount of dishes if you're picking up...no minimum.

Ordering Deadline EXTENDED: Please place your order ASAP. We'll try and fit in as many orders as possible!

Vegan~Gluten free~Organic **Cruelty Free 2021 Thanksgiving Menu**

“F” means the dish freezes well
Points are loosely based on Weight Watchers point system
10 dishes freeze well this week

Creamy Butternut Squash Bisque

Delicious creamy, rich vegetable and butternut squash holiday bisque with red lentils, parsnips, carrots and onions garnished with fresh thyme, sautéed apples and pumpkin spiced pumpkin seeds 4 points per pint F and Nut Free

Lentil Walnut Paté

(Faux Foie Gras/“Chopped Liver”)

Lentil-walnut paté with caramelized onions (vegan “chopped liver” better and healthier than Grandma used to make). Great as an appetizer or part of main meal. This dish is packed with protein 6 points per pint F and NUTS (walnut)

Tofu UN-Egg Salad with Dill

Delicious tofu UN-egg salad filled with scallion, celery, red onion, ‘mayo’ and fresh dill. Another high protein dish that makes a lovely holiday appetizer or part of main meal 6 points per pint F and Nut Free

Rosemary Roasted Crispy Potatoes

Crispy, delicious rosemary infused potatoes oven roasted to perfection. A scrumptious addition to any holiday meal 6 points per pint F and Nut Free

Herbed Roasted Winter Squash and Beets

Hearty, herbed and delicious roasted red beets and delicata/acorn squashes. The perfect accompaniment to any holiday feast 5 points per pint F and Nut Free

Stupendous Stuffing

Wild and brown rice stuffing filled with toasted walnuts, dried cranberries, sautéed celery and onion with fresh sage. This stuffing can be the star of your holiday plate. It goes beautifully with everything! 6 points per pint F and NUTS (walnut)

Pecan Crusted Tofu Slices

Delicious herbed crispy pecan crusted baked tofu tenders. These slices are the perfect antidote to eating feathered friends this holiday. They are another star on your holiday plate. Order a container of gravy to drizzle over them! 7 points per pint F and NUTS (pecan)

Wellington Savory Tart

Baked herbed oat-nut crusted shell topped with thyme-Dijon sautéed mushrooms, sautéed onions and “mozzarella cheese”. This lovely tart is a full meal in itself and will go beautifully with any dish, salad, soup... 9 points per slice F and NUTS (walnut)

Macaroni n’ Cheese

How could we not offer this dish? Delicious ‘cheezy’ fusilli brown rice pasta topped with house made breadcrumbs and grilled onions. Here’s another star on your holiday plate...gosh so many stars! Who needs turkey? Uh...nobody! 8 points per pint F and Nut Free

Smashed Yams with Pineapple n’ Marshmallows

OMG, I grew up eating this every Thanksgiving. Baking this dish till the marshmallows got slightly roasted brown on top was always my favorite. Do you like smashed yams the purist way? We’re happy to prepare them sans pineapple and/or marshmallows if you prefer. Please let us know when placing your order. 6 points per pint F and Nut Free

Extras you can add to your holiday order:

(This week dessert is NOT part of the Standard Bag)

Desserts:

\$7 per slice of cake

\$45 per 1/2 tray pan cake (please order these early)

- ***Chocolate Cake with Chocolate Pumpkin Mousse***

HGTG’s delicious dark chocolate, cake topped with chocolate-pumpkin mousse topped with pumpkin spiced candied pecans 6 points per slice F and NUTS (walnut)

- ***Pumpkin Spiced Chocolate Chip Cake with Coconut Cream***

HGTG’s delicious, pumpkin spiced cake studded with chocolate chips and topped with delicious cashew coconut cream 6 points per slice F and NUTS (cashew)

Dressing, Pesto and Gravy

\$15 per pint

- ***“Sea” Caesar (creamy rich cashew) Dressing***
- ***Basil Walnut Pesto***
- ***Brown Herbed Country Gravy***
- ***Caper Dill “Tartar” Sauce***
- ***Walnut “Parmesan Cheeze” 8 oz...\$8.00***

Smoothies This Holiday Week

(\$15 per 16 oz. mason jar)

- ***Butter Pecan with Kale***
- ***Blueberry Blast with cashews***
- ***Raspberry Peanut Butter Chocolate Chia Monkey***
- ***Green Goddess Kale n’ Cashews***

****Pardon us if the need arises to substitute an ingredient for another without notice. Nature can do the unpredictable. Thank you for understanding as we use only the best organic ingredients available each week...which may differ from when the menu was created. xoxo*