

Healthy Gourmet To-Go

Compassionate Clean Cuisine to your door for 30 years and counting!

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



My dear friend (and animal lover) Andy, feeds this adorable turkey in his backyard!

Vegan - Gluten free - Organic

Cruelty Free 2023 Thanksgiving Menu

*Gratitude and compassion this holiday!
Leave feathered friends OFF your table.
HGTG makes it simple and delicious for you to do.*

Pick up or delivery to your door:

Deliveries: Tuesday, Nov. 21 (local) or Wednesday, Nov. 22 (not so local)

Pick ups: Tuesday, Nov. 21 5:00-6:00 PM or Wednesday, Nov. 22 8:00-10:00 AM

Three ways to order your Thanksgiving Feast:

- 1. **Standard:** \$200 Bag, plus delivery/tax...all 10 dishes on Menu- assorted sizes
- 2. **Family:** \$220 Bag, plus delivery/tax... you choose 6 dishes on Menu -all quarts
- (Order online or call/text/email and we'll take your order)
- 3. **A la Carte:** We'll tally your choices for pick up - no minimum

**Please place your order ASAP.
We'll fit in as many orders as possible!**

Vegan~Gluten free~Organic Cruelty Free 2023 Thanksgiving Menu

*"F" means the dish freezes well
ALL 10 dishes freeze well this week
Points are loosely based on Weight Watchers*

Stuffing Dreams Are Made Of Plate

*Wild and brown rice stuffing filled with toasted walnuts, sautéed celery n' onion, capers and fresh sage served with wedge roasted acorn squash, rosemary infused cannelloni beans and side of cranberry-orange-nutmeg relish
9 points per quart F and NUTS (walnut)*

Unbelievably Delicious UnTurkey Plate

Turkey-less, Unturkey slices (walnut crusted baked tofu tenders) with balsamic-red grape glaze, plus thyme roasted red potatoes along with caramelized Brussels sprouts topped with candied pecan bits. These slices are the perfect antidote to eating feathered friends this holiday 9 points per 24 oz. container F and NUTS (walnut/pecans)

Creamy Butternut Squash Bisque

Delicious, rich holiday bisque with butternut squash, carrots, red lentils 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 appetizers or with main meals. This dish is packed with protein. 6 points per pint F and NUTS (walnut)

Stuffed Portabella Mushroom

Herbed portabella mushroom cap filled with holiday quinoa stuffing packed with roasted butternut squash, sautéed onions, fresh rosemary and "mozzarella" cheeze.

Bake at home for about 10-15 mins before serving and your raw stuffed shroom will transform into hearty, festive deliciousness! 6 points per shroom F and Nut Free

Cheezy Spinach n' Pasta

*Delicious brown rice penne with veggies smothered in spinach-onion creamy sauce with "mozzarella" cheeze and bread crumbs
8 points per pint F and Nut Free*

Tofu UN-Egg Salad with Dill

Delicious tofu UN-egg salad filled with scallion, celery, red onion, "mayo" and fresh dill. A high protein dish that makes lovely appetizers or serve with main meals 6 points per pint F and Nut Free

The Grateful Vedge

*Best veggies served over coconut basmati rice. Roasted sweet beets and turmeric roasted cauliflower! Both are incredibly tasty and both have super powers and will make lovely accompaniments to your holiday feasts or any meals.
4 points per pint F and Nut Free*

Tuscan Pasta Fagioli Stew

Italian stew simmered with sautéed onion and zucchini plus tomato, kalamata olives, garbanzo beans, leafy green kale, basil and brown rice penne topped with "parma" cheeze 5 points per pint F and NUTS (walnut in "parma"-optional)

Pumpkin Spice Chocolate Chip Streusel Cake

Delicious pumpkin spiced cake studded with dark chocolate chips topped with cinnamon-walnut streusel topping 7 points per slice F and NUTS (walnut)

Dressings and Gravy

(\$15 per pint mason jar- dressings below go FAB with your holiday dishes and also make yummy salad dressings.)

- ***"Sea" Caesar the creamy, decadent Everything Dressing (cashew)***
- ***Caper Dill "Tartar" Sauce (Nut Free)***
- ***Walnut "Parma" Cheeze 8 oz...\$8.00 (walnut)***

Smoothies of the Week

(\$15 per pint mason jar- jars are fab to keep n' reuse. My cupboard is full of them!)

- ***Butter Pecan with Kale (pecan)***
- ***Blueberry Blast (almond)***
- ***Raspberry Peanut Butter Chocolate Chia Monkey (peanut)***
- ***Kale Green Goddess (almond)***

****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*

Dear Valued Clients,

Healthy Gourmet To-Go loves serving you delicious, high-quality organic, vegan, ready-to-eat meals that save you lots of time as well as add a myriad of health benefits to your life plus, for the health of the planet and equally important for the animals!

We're a gluten-free establishment. I don't know of many other fully dedicated gluten free cafes so please spread the word! HGTG has been cooking food for busy folks since 1993 and hope to keep going for years to come. We're so grateful that some of you have been getting deliveries on a weekly basis for decades...we love you so much and thank you! Other more recent folks get deliveries every other week or contact us when the need arises (we love you too). We love you all!



Thank you so much for supporting HGTG...what a gift it is to be able to continue feeding so many people tons of animal-free food! And since we've had a storefront in Saugerties, NY it's been a real pleasure getting to meet many of you in person!

Wishing you and yours a lovely holiday. Thank you from the bottom of my heart for allowing us to help keep sweet turkeys and other animals OFF your holiday table creating a compassionate celebration of ALL life this year!

Hugs and love,

*Roni Shapiro
Owner, Healthy Gourmet To Go*