

Healthy Gourmet To Go

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Vegan~Gluten Free~Organic Meal Delivery and Cafe
12 Market Street Saugerties, NY 12477
Delivering vegan meals to busy people for 30 years!

May 8th Menu



MENU

9 dishes freezes well
and will have a circled F on the lid

TV dinner Plate: Baked walnut crusted tofu tenders served on bed of sautéed mixed greens with side of Romesco (almond/roasted red pepper) sauce with delicious crispy baked smashed potatoes 9 points per quart F and NUTS (walnut)

Deconstructed Green “Lasagna” Plate: Layers of brown rice penne with locally grown garlic-mustard greens pesto, sautéed zucchini, green

peas, broccoli rabe and onions, plus tofu-basil cream all topped with oat nut crumble and roasted Brussels sprouts 7 points per quart F and NUTS (walnut)

Split Pea Soup: Warming green split pea soup (probably for the last time till the Fall) simmered with carrots, celery, garnet yam and dill...yum! 3 points per pint F and Nut Free

Roasted Red Beet Salad: Hearts of Romaine topped with roasted red beets, garbanzo beans, pickled red onions, toasted chopped pecans and side of carrot-mustard-dill creamy dressing 4 points per quart NUTS (pecan)

Roasted Butternut n' Beans: Roasted butternut squash filled with white beans tossed with olive oil, capers and fresh basil garnished with kale salad and roasted garlic cloves 3 points per pint F and Nut Free

Miso Tofu n' Quinoa: Toasted sesame infused quinoa with sautéed onion and zucchini topped with miso-baked tofu garnished with apple cider-ginger pickled cucumber and scallion 4 points per pint F and Nut Free

Asian Baked Patty: This is fast becoming a favorite of many! Red lentil-brown rice, scallion, garlic, onion patty served on bed of marinated kale salad and side of carrot sesame ginger dressing 6 points per jumbo patty F and Nut Free

Pad Thai Noodles: Thai rice noodles coated with house made (fresh peanut butter) peanut-ginger Thai sauce topped with cumin-oven blistered green beans garnished with chopped peanuts 6 points per pint F and NUTS (peanut)

Hearty-Healing Stew: Gentle, healing vegetable (carrot, celery, onion, butternut squash, kale) stew simmered with brown rice, red lentils and basil 3 points per pint F and Nut Free

You choose which dessert you'd like this week. If we don't hear from you, it'll be a surprise:

Chocolate Snickerdoodle Cake w. Peanut Butter Mousse OR Peanut Butter Almond Flour Chocolate Chip Cookies: Apprx: 6 points per portion/each F and NUTS (peanut in cake and peanut/almond in cookies)

