

# Healthy Gourmet To Go

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Or go online to order: [HealthyGourmetToGo.com](http://HealthyGourmetToGo.com)  
*Vegan~Gluten Free~Organic Meal Delivery and Cafe*  
12 Market Street Saugerties, NY 12477

## *Summer Menu*

*Week of July 9 and 10*



*Delivering vegan meals to busy people for 30 years!*

## ***MENU***

**8** *dishes freezes well. Those dishes have an “F” below and have a circled “F” on the container lid*

**Goddess Plate:** Quinoa with herbed Chimichurri sauce topped with quick pickled red cabbage, grilled zucchini and red lentils with lemon, basil and olive oil garnished with roasted garnet yam nuggets 5 points per quart F and Nut Free

**Brussels 'n Pasta Plate:** Oven roasted Brussels sprouts plus house made herbed tofu “ricotta cheeze” served over brown rice penne tossed with sautéed onions, toasted walnuts and fresh basil 7 points per quart F and NUTS (walnut)

**Summery Salad:** Baby arugula served with kale 'n white bean salad plus cherry tomatoes, pickled red onion, capers, thyme roasted pecans and roasted garlic-sage vinaigrette 3 points per salad NUTS (Pecan)

**Tuscan Tomato Rice Soup:** Delicious vegetable, tomato, rice soup finished with fresh basil garnished with house made walnut “parma cheeze” 3 points per pint F and NUTS (walnut)

**Zucci-Noodles Pomodoro:** Zucchini “pasta” with a fresh tomato-basil-onion pomodoro sauce served on bed of wilted kale garnished with house made “parma cheeze” 3 points per pint NUTS (walnut in “parma”)

**Souen Special:** Toasted sesame short grain brown rice served with side of tahini-beet sauce and vegetable of the day garnished with sautéed crumbled tempeh 4 points per pint F and Nut Free

**Peanut Noodle-Teriyaki Tofu:** Thai rice noodles in a delicious spicy peanut sauce topped with teriyaki baked (bit of maple syrup and garlic) tofu garnished with scallions and chopped peanuts 6 points per pint F and NUTS (peanut)

**Vege-licious:** Roasted sweet red beets, carrot lots with dill and kale salad...yummilicious! 3 points per pint F and Nut Free

**Black Bean Burrito Bowl:** Cumin spiced basmati rice with toasted pumpkin seeds and sautéed onion, served with chipotle black beans, plus

hemp coated avocado, baked plantain fritter and pickled red onion 6 points per pint F and Nut-free

**Watermelon Fruit “Soup”:** Back by popular demand! Refreshing cool “soup” chock full of fresh watermelon, apple, strawberry, red onion, cucumber, basil, mint, ginger and more! YUMMY as a light meal or snack. Serve as is or with vegan ice cream/whipped cream as delicious desserts.. yum! 2 points per pint F and Nut-Free

***A Yummy Testimonial:** “Yummy Watermelon Soup. Hi Roni, I LOVVED the watermelon soup! Sprinkled some salt and YUM! Best non-alcoholic beverage. Becky”. Dunellen, NJ*

***Add extras to your Bag at checkout:***

*Smoothie of the week:*

*Untuna Salad*

*Quesadilla n’ dip*

*Stuffed Grilled Cheeze*