



## Family Style Vegetarian Menu

*VegHead uses locally sourced organic & all natural products. Our mission is to feed the body & soul with simple all natural foods to help reach maximum health and happiness.*

### Appetizer

#### Mediterranean Platter

Mediterranean inspired platter loaded with pickled vegetables, homemade hummus, fresh pita bread, crisp falafel balls, & assortment of local cheeses

### Salad

#### Beet & Arugula

Fresh rocket arugula tossed with roasted beets, avocado slices, toasted almonds, & dried cranberries. Topped with a citrus vinaigrette

### Entrée

#### Lemon Lentil Skillet

Flavor bursting lentils tossed with fresh squeezed lemon juice, kale, cherry tomatoes, crunchy walnuts, & creamy goat cheese. Finished off with red wine, olive oil, & fresh basil

### Dessert

#### Cupcake Love

Assortment of vegan cupcakes made to make anyone fall in love with vegan dessert

*\*Ingredients may change due to product availability*

TINA DEJESUS Holistic Personal Chef

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Meal Plans. Consultations. Food To Order

Long Island, New York