



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.

Parsley & Lemon Baked Shrimp with Power Quinoa

Quinoa packed with wild caught shrimp, chick peas, walnuts, dried blueberries, crumbled feta cheese & spinach

Spinach & Feta Stuffed White Fish

Baby spinach, onions, & feta cheese stuffed fish with garlic roasted tomatoes & green beans or broccolini

Zucchini Lasagna with Balsamic Beets & Arugula

Zucchini lasagna roasted beets over arugula, nuts, & lemon

Crispy Chicken Tenders with Sweet Mashed & Veggies

Chicken pieces coated in quinoa and baked until crisp. Served with mashed sweet potatoes & sautéed mushroom, pepper, onion

Roasted Cauliflower & Chick Peas

Roasted cauliflower, broccoli, red onion, chick peas, & kale tossed with fresh herbs. Topped off with lemon tahini drizzle

TINA DEJESUS Holistic Personal Chef

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Private Chef Services & Organic Meal Delivery