



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.

7/15/17

### **Breakfast**

Egg & Vegetable Scramble  
Everything Seasoned Avocado Toast  
Sausage Patties  
Green Juice

### **Lunch**

Roasted Beet & Goat Cheese Salad  
Mediterranean Tabbouleh  
Lemon & Garlic Chicken

### **Dinner**

Rosemary & Goat Cheese Crostini's  
  
Lemon Pan Seared White Fish  
Roasted Seasonal Veggies  
  
Assortment of Mini Cupcakes

TINA DEJESUS Holistic Personal Chef

631.300.7603. | [VegHeadChef.com](http://VegHeadChef.com) | [VegHeadChef@gmail.com](mailto:VegHeadChef@gmail.com)  
Private Chef Services & Organic Meal Delivery



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## Breakfast

Mini Egg Quiches

Assortment of Vegan Muffins

Fresh Herb Hash Browns with Bacon

## Lunch

Mediterranean Style Turkey Burgers

Spinach & Strawberry Salad

Watermelon, Lime, & Basil Juice

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