

# I CAN'T BELIEVE IT'S VEGAN!

*An assortment of home-made healthy vegan meals. - Nakiea Ramsey*



## **How To Order:**

Menus will be sent weekly, all orders are placed and prepaid before pickup. Send orders to: [nickyvegan82@gmail.com](mailto:nickyvegan82@gmail.com). Payments can be made via Paypal: [paypal.me/nakiearamsey](https://paypal.me/nakiearamsey) or CashApp: **\$NakieaRamsey** Pick up day is Sunday between 12-3pm. Delivery only within a 5-10 mile radius, \$10 delivery fee

## **Join our mailing list!**

Send your email address to be added to the weekly menus so you don't miss out on the new tasty vegan treats!

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**TAKE AND BAKES:** *All items are prepared and then frozen. Just take, bake and serve!  
\$10 Individual \$25 Family Size.*

**Mushroom Stuffed Shells** Jumbo stuffed shells stuffed with portobello mushrooms, cheese and a rich red sauce.

**BEAN BURGERS:** *All burgers are ready to eat and individually wrapped. \$10 per dozen*

**Jamacian Jerk Burger** Black bean burger filled with sweet, savory and spicy pineapple and jerk seasonings.

**WEEKLY SUPPER CLUB:** *Available this week only, get em while they last! Sold in Individual and Family Size.*

**Roasted Vegetable Grain Bowl** Garlic and herb quinoa topped with roasted brussel sprouts, sweet potatoes, & chickpeas and served with a warm balsamic glaze. \$10

## **Meatball Sub Combo**

Mushroom meatballs cooked in a spicy marinara sauce. Served on a vegan roll, topped with cheese and grilled onions and peppers. Served with a side of Macaroni Salad \$10

**SWEET TREATS:** *All desserts are nut free unless specified otherwise and baked fresh every weekend. Sold in individual servings, or whole portions. \$10 per loaf*

**Orange Cranberry Bread** Tart cranberries, bright and tangy citrus baked into a light and fluffy bread. Perfect with a cup of hot or iced tea.

**Lemon Curd Pie** Sweet and tart lemon curd in a graham cracker crust, topped with refreshing dairy free whipped cream. \$15