

# 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://www.paypal.me/nakiearamsey) or CashApp: **\$NakieaRamsey** Pick up day is Sunday between 12-3pm. Delivery only within a 5-10 mile radius, \$5 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.*

## **Veggie Lasagna**

Lasagna noodles layered with signature red sauce, and a medley of fresh carrots, zucchini, mushrooms, spinach and a mix of vegan mozzarella and cheddar cheese.

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

**Southwest Burger** Black bean burger filled with roasted red pepper, smoked paprika, cumin, chili powder and corn. A complete meal in a pattie, just add cheese and a bun.

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

## **Red Beans & Rice**

Smokey, spicy and savory, red beans are slow cooked and served over white rice. Served with sweet corn bread and greens.

Individual serving \$15 Family size \$40

## **Meatball Sub**

Mushroom meatballs cooked in a spicy marinara sauce. Served on a vegan roll, topped with cheese and grilled onions and peppers. \$8

## **Spicy Cabbage Soup**

Spicy cabbage, carrots, roasted red peppers and Beyond sausage cooked in a savory broth.

Individual \$8 Family \$25

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

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## **Chocolate Chip Cookies**

Soft, chewy and filled with semi-sweet chocolate chips. Everything you want in a cookie. \$10 per dozen

## **Oatmeal Raisin Cookies**

Soft, chewy and slightly sweet. Everything you remember about your childhood cookie. \$10 per dozen

## **Apple Fritters**

Tart apples, cinnamon and nutmeg fried in donut dough and drizzled with glaze. \$12 per dozen