

# 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!  
\$15 Individual \$30 Family Size.*

## **Mushroom Stuffed Shells**

Jumbo stuffed shells stuffed with portobello mushrooms, cheese and a rich red sauce.

**BEAN BURGERS/ SANDWICHES:** *All burgers are ready to eat and individually wrapped. \$15 per dozen*

## **Spicy Joe Sandwich**

Who doesn't love a Sloppy Joe sandwich? Delicious sweet and slightly spicy sauce mixed with impossible meatless grounds, served with chips Ind \$15 Family Size \$45

**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

## **Jambalaya**

Spicy "sausage", mushrooms, rice and "the trinity" cooked with cajun seasonings.

Individual serving \$15

## **Roasted Vegetable Grain Bowl**

Garlic and herb quinoa topped with roasted brussel sprouts, sweet potatoes, & chickpeas and served with a warm balsamic glaze. \$12

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

## **Fresh Fruit Sorbet**

Sweet fresh fruit blended into a smooth creamy sorbet. Perfect for hot summer days. Pick your favorite flavor. \$5 pint \$10 quart \$6.50 for specialty mixes

Strawberry	Peach
Mango	Raspberry
Pineapple	Pina Colada
Blueberry	Raspberry
Kiwi	Banana

## **Peach Crumble**

Sweet peaches, cooked with nutmeg, ginger, and cinnamon, topped with a sweet crumble topping. \$10 for individual serving \$20 for entire pan.

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## **Take and Bake Cookie Dough**

All of your favorite cookie flavors, mixed and ready to bake!

\$10 without nuts \$15 with nuts

Chocolate Chip      Oatmeal Raisin

Oatmeal Cranberry    Butter Cookie

Peanut Butter      D.C.C. Walnut

White Chocolate Macadamia Nut