

# 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, \$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 Lasagna** Lasagna noodles layered with a garlic red sauce, fresh herbs, a mixture of white and brown mushrooms and vegan mozzarella and cheddar cheese.

**Spinach & Artichoke Dip Stuffed Shells** No need for take-out appetizers here. Jumbo shells stuffed with a creamy mixture of fresh spinach and artichoke dip and vegan mozzarella.

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

**Black Bean Veggie** The original "I can't believe it's vegan" special! Black bean burger filled with a mix of carrots, mushrooms, peppers, onions, spinach and hearty herbs and spices.

**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 \$10 Individual \$25 Family Size.*

**Stuffed Peppers** Large peppers filled with either quinoa or wild rice, mushrooms, garlic and herbs.

**Jambalaya** Spicy red beans, mushrooms, rice and "the trinity" cooked with cajun seasonings.

**Lemon Garlic Veggie Pasta** Seasonal vegetables cooked in a creamy, lemon garlic sauce, served over pasta.

**SWEET TREATS:** *All desserts are nut free unless specified otherwise and baked fresh every weekend. Sold in individual servings, or whole portions. \$2 per slice \$10 per loaf*

**Banana Nut Bread** Sweet bananas, crunchy walnuts baked to perfection. Simple and sweet.

**Blueberry Lemon Bread** This seasonal treat is made with juicy blueberries and tart lemons perfect on a hot day.