

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. 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

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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.

Green Goddess Lasagna

Lasagna noodles layered with a delicate white sauce, vegan mozzarella, garlic, and a mixture of fresh green spinach, kale and broccoli.

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 \$10 Individual \$25 Family Size. Price may vary*

Mushroom and Quinoa Tacos Three Delicious mushrooms and quinoa cooked with southwest seasonings, cilantro and lime. Served with spicy black beans and fiesta corn. \$12

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 \$35

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*

Sweet Peach Bread

Glazed peaches, baked into a spiced bread. Eat it cold, or warm with a cup of coffee or tea. \$10 per loaf.

Peach Crumble

Sweet peaches, cooked with nutmeg, ginger, and cinnamon, topped with a sweet crumble topping. \$5 for individual serving \$15 for entire pan