# 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 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! Individual & Family Size.

#### **Cheesy Fajita Pasta**

Mushrooms, peppers, onions and carrots grilled with fajita spices, mixed with creamy vegan cheese and pasta.

Individual serving \$12 Family Serving \$30

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

#### Jalapeno Burger

Black bean burger filled jalapeno, cumin, adobo. Smokey, Spicy, Perfect.

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

## Vegan Chili

Black, white and red beans cooked in a smoky chili with just the right amount of heat. Individual serving \$10 Family size \$25 (vegan cornbread \$8 only with family size)

#### **Cheesy Fajita Pasta**

Mushrooms, peppers, onions and carrots grilled with fajita spices, mixed with creamy vegan cheese and pasta.

Individual serving \$12 Family Serving \$30

#### **Mushroom Stroganoff**

Mushrooms, egg free noodles, and a rich sauce.- Soy free Individual serving \$12 Family serving \$30

#### Mushroom and Wild Rice Bowl

Portobello mushrooms, wild rice, kale and carrots seasoned with smokey spices. Individual serving \$12 Family serving \$30

**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

#### **Carrot Cake Bread**

Everything you love about carrot cake, without feeling guilty. \$10 per loaf

#### **Double Dark Chocolate Brownies**

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Rich dark chocolate, dark chocolate chips baked into a fudgy brownie. \$10 per tray