

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.

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.*

Mushroom Stuffed Shells

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

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 Size.*

Shepherd's Pie

Protein packed lentils, mushrooms, carrots, and peas cooked in a flavorful vegetable gravy and topped with garlic mashed potatoes.

Individual serving \$12 Family size \$25

Shredded BBQ Sandwich

No it doesn't taste like chicken, but it tastes great! Shredded hearts of palm are cooked in a sweet, tangy, and slightly spicy BBQ sauce. Sandwich served with a serving of coleslaw and baked beans. Individual \$15 Family Size \$45

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*

Cafeteria Butter Cookies

Buttery, soft, slightly sweet. Everything you remember about your favorite school cookie. \$10 per dozen

Apple Crumble

Tart green apples cooked with all of the right spices, and topped with a tasty crumble topping. \$5 for individual serving \$15 for entire pan

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Monkey Bread

Flaky pieces of dough tossed in cinnamon and sugar. Baked in a buttery caramel sauce. \$5 for individual serving \$15 for entire pan.