

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*

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
Individual and Family Size.*

Vegetable Chowder

Hearty seasonal vegetables cooked in a thick sauce. Perfect for fall.

Individual serving \$10 Family serving \$25

Mushroom and Wild Rice Bowl

Portobello mushrooms, wild rice, kale and carrots seasoned with smokey spices.

Individual serving \$12 Family serving \$30

Pizza Corner- \$7 each

Individual sized pizzas prepped, frozen and ready to bake. Pick your favorite!

Veggie Supreme

Spinach

Mediterranean

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*

Banana Nut Bread

Sweet bananas, crunchy walnuts baked to perfection. Simple and sweet

\$10 per loaf

Chocolate Chip Cookies

Soft, chewy and filled with semi-sweet chocolate chips. Everything you want in a cookie. \$10 per dozen

Chocolate Cake

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Moist, chocolate cake topped with your choice of chocolate frosting or powdered sugar.
Single layer cake \$15 with frosting \$10 with powdered sugar
Double layer cake \$25 with frosting