

# 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, \$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!  
\$10 Individual \$25 Family Size*

**Veggie Lasagna** Lasagna noodles layered with signature red sauce, and a medley of fresh carrots, zucchini, mushrooms, spinach and a mix of vegan mozzarella and cheddar cheese.

**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 Sizes Prices may vary.*

## **Teriyaki Stir Fry**

Mushrooms, peppers, onions, carrots, peas and broccoli cooked crisp tender in a teriyaki sauce. Served with spicy cabbage and rice.

Individual serving \$10 Family serving \$25

## **Vegetable Chowder**

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

Individual serving \$10 Family serving \$25

## **Meatball Sub**

Mushroom meatballs cooked in a spicy marinara sauce. Served on a vegan roll, topped with cheese and grilled onions and peppers. Individual serving \$8, family serving \$25

**SWEET TREATS:** *All desserts are nut free unless specified otherwise and baked fresh every weekend. Sold in individual servings, or whole portions.*

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

## **White Chocolate Macadamia Nut Cookies**

Soft, chewy and filled with delicious white chocolate chips and macadamia nuts. Everything you want in a cookie. \$15 per dozen