

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!
\$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.

SUNRISE SPECIAL: *All meals are ready to eat, sold in individual and family sizes.*

The Original Breakfast Bowl

Golden hash browns topped tofu scramble, mixed with sausage, peppers and mushrooms. A great way to start your day.

\$8

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

Vegetable Curry

Cauliflower, carrots, potato and broccoli cooked in Indian spices and coconut milk. Warm, fragrant and slightly spicy, served over coconut ginger rice and a pita.

Individual serving \$12 Family serving \$35

Mushroom Rice Dinner

Always a crowd pleaser, rice cooked with mushrooms, that have developed a deep, rich flavor.

Served with mushroom meatballs and gravy, and a seasonal vegetable. \$12 individual, \$30 family size.

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 \$40

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

Chocolate Chip, Walnut Bread

The name speaks for itself. Dark, or milk chocolate chips are baked with crunchy walnuts in a soft bread.

\$10 per loaf

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Carrot Cake Bread

Everything you love about carrot cake, without feeling guilty.

\$10 per loaf