

# 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.

**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.*

## **Fajitas**

Mushrooms, peppers, onions and carrots grilled with fajita spices, served with rice, black beans and lime.

Individual serving \$15 Family size \$35

## **Meatball Sub**

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

## **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

**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

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