

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.*

Jambalaya

Spicy red beans, mushrooms, rice and "the trinity" cooked with cajun seasonings.
Individual serving \$10 family size \$30

Fajitas

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

Individual serving \$15 \$35

Mediterranean Wrap

Delicious warm or cold, quinoa, spinach, cucumbers, kalamata olives, red onions, roasted red peppers and garlic mixed together with a delicious balsamic dressing.

Individual serving \$8 Family size \$30

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

Lemon Berry Parfait

Delicious pound cake layered with tart lemon curd, blueberries and strawberries. \$6

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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