

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.com/paypalme/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.*

Beans and Rice Supper

Smokey, spicy and savory, black eyed peas are slow cooked and served over white rice. Served with sweet corn bread and greens or green beans

Individual serving \$15 Family size \$40

Pizza Corner- \$8 each

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

Veggie Supreme

Meatball

Mediterranean

Meatless Loaf Dinner

Impossible meatloaf filled with savory mushrooms, garlic and herbs, served with garlic smashed potatoes and gravy, green beans and roll.

\$12 individual, \$35 family size.

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

Sweet Peach Muffins

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Glazed peaches, baked into a spiced bread. Eat it cold, or warm with a cup of coffee or tea. \$15 per dozen.

Oatmeal Raisin Cookies

Soft, chewy and slightly sweet. Everything you remember about your childhood cookie. \$10 per dozen