

# 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.*

## **Baked Cinnamon Roll French Toast**

Pieces of dough coated in cinnamon and sugar. Mixed with dollops of sweetened cream cheese and custard. Baked and ready to serve. \$20

**BEAN BURGERS:** *All burgers are ready to eat and individually wrapped. \$10 per dozen*

## **Jalapeno Burger**

Black bean burger filled jalapeno, cumin, adobo. Smokey, Spicy, Perfect.

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

## **Southwest Stuffed Peppers**

Large peppers filled with TexMex mixture of "meat", beans, peppers, and spices. Topped with cheese and baked.

Individual serving \$10, family size \$30

## **Lemon Garlic Veggie Pasta**

Seasonal vegetables cooked in a creamy, lemon garlic sauce, served over pasta.

Individual serving \$10

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

## **Peanut Butter Cookies**

Soft, chewy and delicious. Everything you want in a cookie. \$10 per dozen

## **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