

# 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.*

## **Apple Walnut Salad**

Mixed greens, crisp green apples, cranberries and candied walnuts are the star of this salad. Served with sweet vinaigrette dressing.

Individual serving \$8 Family size \$25

## **Fajitas**

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

Individual serving \$15

## **Pasta Salad**

Pasta, cucumber, spinach and cherry tomatoes mixed with zesty seasonings.

Individual serving \$5

## **Chickpea Salad Sandwich**

Craving chicken salad? Crave no more! Chickpeas cooked and mixed with all of your chicken salad seasonings. Served on vegan artesano bread, dressed with lettuce and tomato and served with sweet potato chips. \$10

**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 or raspberries.

\$6/\$20

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## **Fresh Fruit Sorbet**

Sweet fresh fruit blended into a smooth creamy sorbet. Perfect for hot summer days. Pick your favorite flavor. \$5 pint \$8 quart

Strawberry

Peach

Mango

Raspberry

Pineapple

Banana