

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 \$30 Family Size*

Spinach & Artichoke Dip Stuffed Shells

No need for take-out appetizers here. Jumbo shells stuffed with a creamy mixture of fresh spinach and artichoke dip and vegan mozzarella. Family size only.

SUNRISE SPECIAL: *All meals are ready to eat, sold in individual and family sizes.*

Biscuits and Gravy

Flaky biscuits smothered in "sausage" gravy. No further details needed.
\$10 individual \$30 family size.

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

Southwest Stuffed Peppers

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

Individual serving \$12, family size \$30

Spicy Joe Sandwich

Who doesn't love a Sloppy Joe sandwich? Delicious sweet and slightly spicy sauce mixed with impossible meatless grounds, served with chips Ind \$15 Family Size \$45

Pasta Salad

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

Individual serving \$5 family size \$20

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

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 \$7/\$10 mixed flavors

Strawberry

Peach

Mango

Raspberry

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Pineapple

Banana

Pina Colada

Pineapple Mango

Tropical

Strawberry Kiwi

Strawberry Banana