

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.

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!*

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. \$15/\$35

SUNRISE SPECIAL: *Additional special orders upon request.*

Biscuits and Gravy

Flaky biscuits smothered in "sausage" gravy. No further details needed.
\$12 individual \$30 family size.

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

PP&J Salad

Mixed greens, candied pecans, juicy pears and fresh blueberries will make a refreshing lunch or dinner. Served with sweet vinaigrette dressing.
Individual serving \$12 Family size \$35

Cheesy Fajita Pasta

Mushrooms, peppers, onions and carrots grilled with fajita spices, mixed with creamy vegan cheese and pasta.
Individual serving \$14 Family Serving \$35

Teriyaki Stir Fry

Mushrooms, peppers, onions, carrots, peas and broccoli cooked crisp tender in a teriyaki sauce. Served with spicy cabbage and noodles.
Individual serving \$15

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

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

White Choco Macadamia Nut Bread

Dark chocolate bread filled with delicious white chocolate chips and macadamia nuts. Indulge yourself. \$15

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Taffy Apple Grapes

Tart green grapes coated in white chocolate and peanuts. Perfect summer treat. \$12

Fresh Fruit Sorbet

Sweet fresh fruit blended into a smooth creamy sorbet. Perfect for hot summer days. Pick your favorite flavor. \$6 pint \$12 quart \$7 a pint for specialty mixes

Strawberry

Peach

Mango

Raspberry

Pineapple

Pina Colada

Blueberry Raspberry

Kiwi

Banana

Blueberry

Tropical