

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.*

Green Goddess Lasagna

Lasagna noodles layered with a delicate white sauce, vegan mozzarella, garlic, and a mixture of fresh green spinach, kale and broccoli.

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.*

Teriyaki Stir Fry

Mushrooms, peppers, onions, carrots, peas and broccoli cooked crisp tender in a teriyaki sauce.
Served with spicy cabbage and rice.

Individual serving \$10

Red Beans & Rice

Smokey, spicy and savory, red beans are slow cooked and served over white rice. Served with sweet corn bread and greens.

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. \$10 per loaf*

Cafeteria Butter Cookies

Buttery, soft, slightly sweet. Everything you remember about your favorite school cookie. \$10 per dozen

Carrot Cake Bread

Everything you love about carrot cake, without feeling guilty. 10 per loaf.