

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 \$25 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.

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

Southwest Burger

Black bean burger filled with roasted red pepper, smoked paprika, cumin, chili powder and corn. A complete meal in a pattie, just add cheese and a bun.

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

Loaded Spaghetti Squash

Spaghetti squash loaded with red sauce, mushrooms, garden vegetables and herbs. \$10

Vegan Chili

Black, white and red beans cooked in a smoky chili with just the right amount of heat. Individual serving \$10 Family size \$25 (*vegan cornbread \$10 only with family size* 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*

Zucchini Bread

This seasonal sweet treat is all you need in the morning! You can have veggies for breakfast!

Oatmeal Raisin Cookies

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Soft, chewy and slightly sweet. Everything you remember about your childhood cookie. \$10 per dozen