

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, \$10 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.*

Mushroom Lasagna Lasagna noodles layered with a garlic red sauce, fresh herbs, a mixture of white and brown mushrooms and vegan mozzarella and cheddar cheese.

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*

Black Bean Veggie The original "I can't believe it's vegan" special! Black bean burger filled with a mix of carrots, mushrooms, peppers, onions, spinach and hearty herbs and spices.

Jamacian Jerk Burger Black bean burger filled with sweet, savory and spicy pineapple and jerk seasonings.

WEEKLY SUPPER CLUB: *Available this week only, get em while they last! Sold in \$10 Individual \$25 Family Size.*

Stuffed Peppers Large peppers filled with either quinoa or wild rice, mushrooms, garlic and herbs.

Jambalaya Spicy red beans, mushrooms, rice and "the trinity" cooked with cajun seasonings.

Lemon Garlic Veggie Pasta Seasonal vegetables cooked in a creamy, lemon garlic sauce, served over pasta.

SWEET TREATS: *All desserts are nut free unless specified otherwise and baked fresh every weekend. Sold in individual servings, or whole portions. \$2 per slice \$10 per loaf*

Banana Nut Bread Sweet bananas, crunchy walnuts baked to perfection. Simple and sweet.

Blueberry Lemon Bread This seasonal treat is made with juicy blueberries and tart lemons perfect on a hot day.