

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!

I CAN'T BELIEVE IT'S VEGAN!

An assortment of home-made healthy vegan meals. - Nakiea Ramsey

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.

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

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 Individual and Family Size.*

Shredded BBQ Sandwich

No it doesn't taste like chicken, but it tastes great! Shredded hearts of palm are cooked in a sweet, tangy, and slightly spicy BBQ sauce. Sandwich served with a serving of pasta salad and grilled corn. \$15

Cauliflower Jerk Plate

Spicy jerked cauliflower served with not so dirty rice, cabbage and yams. \$12

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*

Peach Crumble

Sweet peaches, cooked with nutmeg, ginger, and cinnamon, topped with a sweet crumble topping. \$5 for individual serving \$15 for entire pan

Apple Crumble

Tart green apples cooked with all of the right spices, and topped with a tasty crumble topping. \$5 for individual serving \$15 for entire pan