

## Happy Tummy Menu

Aug 12-15, 2009

### This Week's Special!

#### Salmon To Love \$6

Salmon, Pasta, Broccoli, Carrots, Onion with a Lemon Vinaigrette over Lettuce

#### Side Items

\$2 each

- Potato Salad

- Vidalia Spinach Salad

- Apple FredBread Rolls with

Honey Mustard Apple Butter and Cheese

- Fresh Veggies & Ranch Dip

- Orange Mint Ice Cream

- Chocolate Mousse Pie

\*Substitute a Side Item for Chips For Only \$1 More

#### Hours

Wed & Thurs: Noon-6pm

Friday: Noon-8pm

Sat: Noon-4pm

Happy Tummy is located at  
Lowe Mill, 2211 Seminole Dr  
256-348-8132

mmmhappytummy.com

## Sandwiches

(Comes with Chips)

### This Week's Suggestions

#### Reubenesque \$5

Ham, Swiss, Sauerkraut and Thousand Island Dressing on Rye FredBread

### Build Your Own Sandwich

#### Ham or Turkey \$5

#### Jerk Chicken Sandwich \$6

#### Veggie Burger \$5

#### Grilled Cheese (Bread & Cheese Only) \$3

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayo, Yellow or Brown Mustard

## Wraps

(Comes with Chips)

#### Bad Apple Wrap \$5

Turkey, Pepperjack, Honey Mustard  
Apple Butter, Onion & Lettuce  
Wrapped in a Flour Tortilla

#### BBQ Tofu Wrap \$5

with Onion, Tomato & Lettuce

#### Jerk Tofu Wrap \$5

with Onion, Tomato & Lettuce

## Quesadillas

#### Peachy Keen \$5

Sauteed Peaches & Onions with Cheese in a Tortilla Served with Fruit Salsa

#### Cheese Quesadilla \$3

Served with Salsa and Sour Cream

### Jerk Chicken or Tofu

(This Is Very Hot Stuff!)

Served as an Entree with 2 Sides \$8

## Dogs

(Comes with Chips)

#### Hot Dog \$3

#### Bratwurst \$4

## Drinks

Coke, Diet Coke, Sprite,  
Root Beer, Ginger Ale  
or Bottled Water \$1

Iced Tea or Fruit Juice \$2  
(one free refill on iced tea)

Ice, Cup, or Cup of Ice \$1

**Be sure to join our email list  
to find out about our weekly specials!**