

## Happy Tummy Menu

Aug 21-23, 2008

### This Week's Special!

Salmon Burger with Lettuce,  
Tomato and Spicy Ginger Sauce or  
"Tartarish" Sauce on FredBread  
Served with Chips \$6

### Side Items

Half Pt \$2

- Black Beans & Rice
- Garlic Roasted Potatoes
- Blanched Vegetables
  - Asian Slaw
  - Mixed Fruit
- Tomato Avocado Cucumber Soup

### Ice Cream

Peach, Mint Chocolate Chunk,  
Nutella or Lemon \$2

### Hours

Thursday - Saturday  
Noon to 8pm

Happy Tummy is located at  
Lowe Mill, 2211 Seminole Dr

[mmmhappytummy.com](http://mmmhappytummy.com)

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

## Sandwiches

(Comes with Chips)

### This Week's Suggestions

#### The King

Peanut Butter and Bacon on  
Banana FredBread \$5

#### Peachy Keen

Caramalized Peaches and Onions  
with Cheese on a Quesadilla  
Served with Fruit Salsa \$5

#### Hide The Salami

Salami and Ham with Sun Dried  
Tomatoes, Pesto Cream Cheese and  
Spinach in a Wrap Served with a  
Seasoned Oil & Vinegar Dip \$5

#### Sue Me

Turkey, Bacon, Lettuce, Tomato,  
Onion, Avocado, Pepperjack  
Cheese, Mayo, Salt & Pepper on  
Jalapeno Cheddar FredBread \$5

#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter or Nutella \$2  
with your choice of Jam

## Salad

Spring Mix or Spinach with your  
choice of toppings \$4

Jerk Chicken Salad \$5

### Dogs

(Comes with Chips)

Hot Dog \$2

Chicken Sausage \$4

### Jerk Chicken

Served as an Entree  
with 2 Sides \$8

### Drinks

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

Iced Tea

Medium \$1.50

Large \$2

Izze Sparkling Juice \$2

- Blackberry

- Clementine

- Pomegranate

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

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Spinach in a Wrap Served with a  
Seasoned Oil & Vinegar Dip \$5

#### Sue Me

Turkey, Bacon, Lettuce, Tomato,  
Onion, Avocado, Pepperjack  
Cheese, Mayo, Salt & Pepper on  
Jalapeno Cheddar FredBread \$5

#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter or Nutella \$2  
with your choice of Jam

## Salad

Spring Mix or Spinach with your  
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Jerk Chicken Salad \$5

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Tomatoes, Pesto Cream Cheese and  
Spinach in a Wrap Served with a  
Seasoned Oil & Vinegar Dip \$5

#### Sue Me

Turkey, Bacon, Lettuce, Tomato,  
Onion, Avocado, Pepperjack  
Cheese, Mayo, Salt & Pepper on  
Jalapeno Cheddar FredBread \$5

#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter or Nutella \$2  
with your choice of Jam

## Salad

Spring Mix or Spinach with your  
choice of toppings \$4

Jerk Chicken Salad \$5

### Dogs

(Comes with Chips)

Hot Dog \$2

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Spinach in a Wrap Served with a  
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#### Sue Me

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Onion, Avocado, Pepperjack  
Cheese, Mayo, Salt & Pepper on  
Jalapeno Cheddar FredBread \$5

#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter or Nutella \$2  
with your choice of Jam

## Salad

Spring Mix or Spinach with your  
choice of toppings \$4

Jerk Chicken Salad \$5

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(Comes with Chips)

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Onion, Avocado, Pepperjack  
Cheese, Mayo, Salt & Pepper on  
Jalapeno Cheddar FredBread \$5

#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter or Nutella \$2  
with your choice of Jam

## Salad

Spring Mix or Spinach with your  
choice of toppings \$4

Jerk Chicken Salad \$5

### Dogs

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Onion, Avocado, Pepperjack  
Cheese, Mayo, Salt & Pepper on  
Jalapeno Cheddar FredBread \$5

#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter or Nutella \$2  
with your choice of Jam

## Salad

Spring Mix or Spinach with your  
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Onion, Avocado, Pepperjack  
Cheese, Mayo, Salt & Pepper on  
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#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter or Nutella \$2  
with your choice of Jam

## Salad

Spring Mix or Spinach with your  
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Onion, Avocado, Pepperjack  
Cheese, Mayo, Salt & Pepper on  
Jalapeno Cheddar FredBread \$5

#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter or Nutella \$2  
with your choice of Jam

## Salad

Spring Mix or Spinach with your  
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#### Veggie Burger \$5

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Grilled Cheese \$3

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