

## Happy Tummy Menu

Aug 28–30, 2008

### This Week's Special!

**Spicy BBQ Shrimp Po-Boy**  
on FredBread Baguette dressed  
with lettuce, tomato, onion and  
mayo. With sweet potato chips and  
blue cheese dressing. \$8

### Side Items

\$2 each

- Humus & Pita Chips
- Black Bean & Corn Salad
- Italian Pasta Salad
- Caramelized Cinnamon Apples
- Gingered Carrot Soup with  
Avocado
- Moroccan Orange Salad (orange  
slices with olives tossed in a  
sweet & savory sauce)
- Fire & Ice (bell peppers, red  
onion, tomatoes and hot peppers  
in a vinaigrette sauce)

### 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

**Tropical Tuna Sandwich**  
Tuna with curry, lime dill pickle,  
pineapple, mayo & lettuce on  
toasted FredBread \$5

**Humus Wrap**  
with Sprouts, Pepperjack Cheese,  
Lettuce, Bell Pepper, Onion,  
Tomato & Cucumber \$5

**Bad Apple**  
Turkey, Bacon, Swiss, Lettuce  
and Honey Mustard Spread on  
Apple 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

### Quesadilla

**Southwest Quesadilla**  
Black Beans, Corn, Tomato  
and Onion with Cheese.  
Served with Salsa \$5

## 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**  
**Bratwurst \$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