

Happy Tummy Menu

Aug 5-8, 2009

This Week's Special!

Mexican Melee \$6
Ground Beef, Onions, Peppers,
Black Beans, Corn, Olives, Tomatoes and
Cheese Over Tortilla Chips and Served
with Salsa and Sour Cream

Side Items

\$2 each

- Spicy Sesame Green Beans
- Strawberry Spinach Salad
- Chips & Salsa
- Ginger Carrot Cake
- Fresh Fruit
- Fruit Trifle

*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

Mikomiko \$5
Turkey, Pepperjack Cheese, Zesty BBQ
Sauce, Onion and Lettuce on
Pineapple 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)

Tropical Tuna Wrap \$5
Tuna with Curry, Dill Pickle, Pineapple, Mayo
& Lettuce Wrapped in a Flour Tortilla

BBQ Tofu Wrap \$5
with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5
with Onion, Tomato & Lettuce

Quesadillas

Hot Guac-It \$5
Black Beans, Guacamole and Cheese in a
Tortilla Served with Salsa and Sour Cream

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!**