

Happy Tummy Menu

February 10-13, 2010

Meatloaf You Long Time \$6
Beef or Vegetarian Meatloaf
Served with Herb Rice
and Rosemary FredBread Rolls

Side Items

\$2 each

- Herb Rice
- Creamy Tomato Basil Soup
- Vinaigrette Salad
- Cucumber and Asparagus Salad
- Fruit Trifle
- Sweet Potato Bread Pudding

*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

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

Sandwiches

(Comes with Chips)

B-B-BLT \$5

Bacon, Lettuce and Tomato with Baconnaisse
Served on Bacon FredBread

Build Your Own Sandwich

Ham or Turkey	\$5
Jerk Chicken Sandwich	\$6
Hamburger	\$6
Veggie Burger	\$6
Black Bean Burger	\$6

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayonnaise, Baconnaisse, Ketchup,
Yellow or Brown Mustard

Grilled Cheese (Bread & Cheese Only) \$3

Wraps

(Comes with Chips)

Love Bird \$5

Turkey, Swiss, Chipotle Mayo, Tomato,
Onion and Lettuce Wrapped in a
Sundried Tomato Tortilla

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

Jerk Tofu Wrap \$5
(This is Very Hot Stuff!)
with Onion, Tomato & Lettuce

Quesadillas

Quesadilla Amore \$5

Spinach, Onion, Mushroom, Artichoke and
Cheese in a Tortilla Served with Marinara
Add Bacon for \$1

Cheese Quesadilla \$3

Served with Salsa and Sour Cream
Add Bacon for \$1

Dogs

(Comes with Chips)

Hot Dog \$3

Bratwurst \$4

Condiments: Yellow or Brown Mustard,
Ketchup, Kraut, Relish, Onion

Jerk Chicken or Tofu

(This Is Very Hot Stuff!)

Served as an Entree with 2 Sides \$8

Drinks

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

Iced Tea (1 free refill) \$2

Fruit Juice \$2

Coffee, Hot Tea or Hot Cocoa \$1

Ice, Cup, or Cup of Ice \$1