

Happy Tummy Menu

February 17-20, 2010

Red Beans & Rice \$6

Cajun-Spiced Red Beans with Andouille Sausage Served Over White Rice with Rosemary FredBread Rolls

Side Items

\$2 each

- Cream of Asparagus Soup
- Cheese Ball & Crackers
- Southern-Style Potato Salad
- Creamy Tomato Basil Soup
- Fruit Gelatin Salad
- Nillamisu

*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)

The Infidel \$6

Cuban-Style Sandwich with Pork and Ham, Swiss, Dill Pickles, Mayo & Mustard on Olive-Garlic 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, Baconnaise, Ketchup, Yellow or Brown Mustard

Grilled Cheese (Bread & Cheese Only) \$3

Wraps

(Comes with Chips)

Sweet & Spicy Turkey Wrap \$5

Turkey, Cucumber, Sweet & Spicy Mayo, Tomato, Onion and Lettuce Wrapped in a Tortilla Served with Salsa

BBQ Tofu Wrap \$5

with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5

(This is Very Hot Stuff!)

with Onion, Tomato & Lettuce

Quesadillas

Caribbean Quesadilla \$5

Pineapple, Onion and Cheese in a Tortilla Served with BBQ Dip
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