

## Happy Tummy Menu

February 3-6, 2010

### Split a Rib \$6

Slow-Cooked BBQ Pork Ribs and Spicy Corn  
Served with Sweet Potato FredBread Rolls

### Side Items

\$2 each

- Vinaigrette Vegetables
- Creamy Tomato Basil Soup
- Zesty Corn
- Fresh Fruit
- Triple Chocolate Cake
- Banana 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](http://mmmhappytummy.com)

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

## Sandwiches

(Comes with Chips)

### I'm Not Sorry \$6

Hamburger, Veggie or Black Bean Burger with  
Your Choice of Toppings on a FredBread Bun

### 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)

### Bad Apple \$5

Turkey, Pepperjack Cheese,  
Apple Butter Honey Mustard, Onion  
and Lettuce Wrapped in a Tortilla

### BBQ Tofu Wrap \$5

with Onion, Tomato & Lettuce

### Jerk Tofu Wrap \$5

(This is Very Hot Stuff!)

with Onion, Tomato & Lettuce

## Quesadillas

### Me So Corny \$5

Zesty Corn and Cheese in a Tortilla Served with  
Salsa and Sour Cream  
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