

Happy Tummy Specials

July 14-17 , 2010

Pepo Gets Pacho \$6

Watermelon Gazpacho with Crackers and Cream Cheese (Veggie, Spicy Strawberry or Jalapeno)

Sandwich

(Comes with Chips)

What the Cluck? \$6

Shredded Buffalo Chicken and Ranch Slaw or Slawter Served on a Burger Bun

Wrap

(Comes with Chips)

That's The Last Straw! \$5

Ham, Spicy Strawberry Cream Cheese, Spinach and Onion in a Wheat Wrap

Salad

Get the Boot \$5

Tri-Color Rotini with Olive, Onion, Roasted Red Pepper, Kidney Beans, Garbanzo Beans, Sundried Tomatoes, Artichokes in a Balsamic Vinaigrette over Spinach Served with Garlic Parmesan Panetini Toast

Quesadilla

Asian Persuasion \$5

Roasted Garlic Asparagus, Bamboo Shoots, Cheese Served with Chinese Hot Mustard Sour Cream
Add Bacon for \$1

Side Items

- Spiced Cranberry & Almond Couscous	\$2
- Ranch Slaw or Slawter	\$2
- Fresh Fruit	\$2
- Italian Pasta Salad	\$2
- Crackers & Cream Cheese	\$2
- Snack Mix	\$2
- Dried Fruit & Nut Mix	\$2
- Ice Cream	\$2
- Cookies	\$2
- Chips	\$1
- Ice Cream Sandwich	\$1
- FlaVorIce	50¢

Happy Tummy Menu

Sandwiches

(Comes with Chips)

Ham	\$5
Turkey	\$5
Roast Beef	\$5
Jerk Chicken Sandwich	\$6
Hamburger	\$6
Veggie Burger	\$6
Black Bean Burger	\$6
Salmon Burger	\$6

Grilled Cheese (Bread & Cheese Only) \$3
Additional Toppings Add \$1

Wraps

(Comes with Chips)

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

Jerk Tofu Wrap \$5
Jerk Seasoned Tofu with Onion, Tomato & Lettuce
This is VERY Spicy

Dogs

(Comes with Chips)

Kosher Beef Hot Dog	\$3
Bratwurst	\$4
Vegan Hot Dog	\$4

Quesadillas

(Served with Salsa and Sour Cream)

Cheese Quesadilla	\$3
Bacon Quesadilla	\$4
Jerk Chicken Quesadilla	\$6
BBQ Tofu Quesadilla	\$5
Jerk Tofu Quesadilla	\$5

Jerk Chicken or Tofu

(This Is Very Spicy Stuff!)

Served as an Entree with 2 Side Items \$8

Available Options

Loaf Bread

Multigrain, Sour Dough, or Pumpernickel-Rye
Jalapeno Cheddar FredBread

Burger Buns

Sesame or Multigrain
Jalapeno-Cheddar FredBread

Hot Dog Buns

Wheat or White

Wrap

Wheat Tortilla

Cheese

Swiss, Cheddar, Pepperjack, American

Toppings

Lettuce, Tomato, Onion, Pickles, Jalapenos, Banana Peppers, Kraut, Relish

Condiments

Mayonnaise, Chipotle Mayo, Baconnaise, Ketchup, Yellow Mustard, Brown Mustard

Chips

Sea Salt, BBQ or Jalapeno Kettle Chips
Original or Harvest Cheddar Sun Chips
*Substitute a Side Item (Additional Charge May Apply)

Drinks

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

Iced Tea (1 free refill) \$2

Fruit Juice \$2

Ice, Cup, or Cup of Ice \$1

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

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stay updated about our weekly specials!**