

Happy Tummy Menu

Nov 11-14, 2009

Mexican Melee \$6

Ground Beef, Onions, Peppers, Black Beans, Corn, Tomatoes and Cheese Over Tortilla Chips With Salsa & Sour Cream

Side Items

\$2 each

- Asian Spinach Salad
- Greek Orzo Salad
- Creamy Tomato Soup
- Toast with Red Pepper Cream Cheese
- Brownies
- Pineapple Ice Cream

*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)

I Left My Heart in Salmonisco \$6
Salmon Burger, Lettuce, Tomato, Onion and Red Pepper Cream Cheese on a Jalapeno Cheddar FredBread Bun

Build Your Own Sandwich

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

With Your Choice of
Bread: Wheat, Jalapeno Cheddar or Rye
Cheese: Swiss, Cheddar, Pepperjack, American
Toppings: Lettuce, Tomato, Onion
Condiments: Mayonnaise, Ketchup,
Yellow or Brown Mustard

Grilled Cheese (Bread & Cheese Only) \$3

Wraps

(Comes with Chips)

Hamstard \$5
Ham, Swiss, Lettuce, Onion and Sweet & Spicy Mustard
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

Hoo Wee Quesadilla \$6
Shrimp, Onion, Pepper, Tomato and Cheese in a Quesadilla Served with Salsa & Sour Cream

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