

## Happy Tummy Menu

Nov 18-21, 2009

**16 Bean Soup in a Bread Bowl** \$6  
16 Bean Soup with Pork Served  
in a FredBread Bread Bowl

### Side Items

\$2 each

- Green Bean Casserole
- Tomato Soup
- Fiesta Salad
- Rice and Beans with Pork
- Peanut Butter Balls
- Sweet Potato Casserole 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](http://mmmhappytummy.com)

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

## Sandwiches

(Comes with Chips)

**This Little Horsey** \$6  
Roast Beef, Lettuce, Tomato and Horseradish  
Mayo on 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)

**Craisy Chicken Wrap** \$5  
Chicken Salad with Craisins, Almonds, Red  
Onion, Celery, Mayo 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

**Fiesta Quesadilla** \$5  
Black Beans, Corn, Tomatoes, Onions & Cheese  
in a Tortilla Served with Salsa and Sour Cream  
Add Jerk Chicken or 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