

Happy Tummy Menu

Nov 4-7, 2009

Frankly My Dear \$6

Ground Venison, Lemon Juice, Cilantro, Red Onion and Crushed Red Thai Chili Served Over Romaine With Jasmine Rice

Side Items

\$2 each

- Jasmine Rice
- Meaty Baked Beans
- Creamy Tomato Soup
- Curried Carrot Soup
- Vegetable Couscous
- Apple Oatmeal Cookies

*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)

Purple Pig \$5

Roast Pork with Lettuce, Tomato, Onion and Raspberry Chipotle Mayo on a 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)

Creature From The Black Lagoon \$5

Tuna with Sauteed Spinach, Onion, Mushroom, Lemon, Garlic, Pesto and Lettuce
Wrapped in a Spinach Tortilla

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 Quesadilla
Served with BBQ Dip
Add Bacon for \$1

Cheese Quesadilla \$3

Served with Salsa and Sour Cream
Add Bacon for \$1

Jerk Chicken or Tofu

(This Is Very Hot Stuff!)

Served as an Entree with 2 Sides \$8

Dogs

(Comes with Chips)

Hot Dog \$3

Bratwurst \$4

Condiments: Yellow or Brown Mustard,
Ketchup, Kraut, Relish, Onion

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