

Happy Tummy Menu

Sept 16-18, 2009

This Week's Special!

Salmon Burger \$6

Salmon Burger with Lettuce, Tomato, Onion & Herb Mayo on a FredBread Bun
Served with Chips & Jalapeno Slaw

Side Items

\$2 each

- Jalapeno Slaw
- Vidalia Spinach Salad
- Creamy Tomato Basil Soup
- Apple Blondies
- Cookies - Ask for Available Options
- Strawberry-Kiwi Ice Cream
- Sweet & Salty Snack Mix
- Dried Fruit & Nuts (\$3)

*Substitute a Side Item for Chips For Only \$1 More

Hours

Wed & Thurs: Noon-6pm
Friday: Noon-8pm
Sat: Noon-4pm

We will be CLOSED Sept 19-26

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Sandwiches

(Comes with Chips)

This Week's Suggestions

Spicy Bird \$5

Turkey, Pepperjack Cheese, Lettuce, Tomato, Onion and Chipotle Mayo on Jalapeno Cheddar FredBread

Build Your Own Sandwich

Ham or Turkey \$5

Jerk Chicken Sandwich \$6

Veggie Burger \$5

Grilled Cheese (Bread & Cheese Only) \$3

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayo, Yellow or Brown Mustard

Wraps

(Comes with Chips)

Ham & Swiss Wrap \$5

Ham, Swiss, Lettuce, Tomato, Onion
Wrapped in a Flour Tortilla and Served with a Zesty Vinaigrette

BBQ Tofu Wrap \$5

with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5

with Onion, Tomato & Lettuce

Quesadillas

Vegezilla \$5

Oven Roasted Vegetables and Cheese in a Tortilla Served with Salsa & Sour Cream
Add Jerk Chicken for \$1

Cheese Quesadilla \$3

Served with Salsa and Sour Cream

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

Drinks

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

Iced Tea or Fruit Juice \$2
(one free refill on iced tea)

Ice, Cup, or Cup of Ice \$1

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