

Happy Tummy Menu

Sept 2-5, 2009

This Week's Special!

Fiesta Salad \$5

Black Beans, Corn, Bell Pepper, Tomato, Onion Served Over a Bed of Greens With Tortilla Chips and Salsa and Sour Cream

Side Items

\$2 each

- Italian Pasta Salad
- Three Bean Salad
- Crackers and Mini Cheese Ball
- Sweet & Salty Snack Mix
- Apple FredBread with Apple Mustard
- Key Lime Pie 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

Sandwiches

(Comes with Chips)

This Week's Suggestions

Ham It Over \$5

Ham, Swiss, Pesto Mayo, Lettuce, Tomato and Onion on Spinach Feta 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)

Tex-Mex Wrap \$5

Turkey, Pepperjack Cheese, Zesty Avocado Spread, Tomato, Onion & Lettuce Wrapped in a Flour Tortilla

BBQ Tofu Wrap \$5

with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5

with Onion, Tomato & Lettuce

Quesadillas

Caribbean Quesadilla \$5

Pineapple, Onion and Cheese in a Tortilla
Served with Honey Mustard Dip
Add Bacon 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!