

Happy Tummy Menu

Sept 30 - Oct 3, 2009

This Week's Special!

Tuna Curry \$6

Tuna in Red Curry Sauce Served with Green Beans, Sour Mustard and Bean Sprouts over Rice Noodles

Side Items

\$2 each

- Rice with Vegetables
- Craisin & Almond Spinach Salad
- Jalapeno Jelly Cream Cheese with Jalapeno Cheddar FredBread Toastettes
- 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

Happy Tummy is located at
Lowe Mill, 2211 Seminole Dr
256-348-8132

mmmhappytummy.com

Sandwiches

(Comes with Chips)

This Week's Suggestions

10-4-5-0 \$5

Turkey, Swiss, Lettuce, Onion, Tomato and BBQ Mayo on Pineapple 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)

Veggie Wrap \$5

Oven Roasted Vegetables, Swiss, Lettuce & Herbed Dijonnaise in a Flour Tortilla

BBQ Tofu Wrap \$5

with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5

(This is Very Hot Stuff!)

with Onion, Tomato & Lettuce

Quesadillas

Hot Guac-It \$5

Black Beans, Guacamole and Cheese in a Tortilla Served with Salsa & Sour Cream

Add Jerk Chicken 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

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!**