

Happy Tummy Menu

April 7-10, 2010

Asian Chicken Salad \$6

Chicken, Almonds, Craisins, Carrots,
Mandarin Oranges, Red Onion, Chow Mein
Noodles Over a Bed of Spinach and Tossed
With an Asian Dressing

Side Items

\$2 each

- Broccoli Salad
- Vidalia Spinach Salad
- Fresh Fruit
- Snack Mix
- Hello Dollies
- 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

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

Sandwiches

(Comes with Chips)

Fell-A-Fell \$5

Baked Falafel, Lettuce, Tomato and Sesame
Sauce on Spinach Feta FredBread

Build Your Own Sandwich

Ham or Turkey \$5

Jerk Chicken Sandwich \$6

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayonnaise, Baconnaisse, Ketchup,
Yellow or Brown Mustard

Grilled Cheese (Bread & Cheese Only) \$3

Burgers

Hamburger, Veggie or Black Bean Burger \$6
on a White or Jalapeno Cheddar FredBread Bun

Wraps

Happle \$5

Ham, Swiss, Sweet Apple Mustard,
Red Onion & Lettuce
Wrapped in a Wheat Tortilla

Tofu Wrap \$5

BBQ Or Jerk* Seasoned Tofu
with Onion, Tomato & Lettuce

*Jerk is VERY Spicy

Quesadillas

Omeletdilla \$5

Eggs, Onions, Mushrooms and Cheese in a
Tortilla Served with Salsa and Sour Cream
Add 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

Ice, Cup, or Cup of Ice \$1