

Specials

August 31 - September 3, 2011

Jerkalaya \$6

Chicken, Mango Jalapeno Chicken Sausage, Onions, Peppers, Celery, Okra,
Tomatoes and Jamaican Jerk Seasonings Served Over Jasmine Rice

Desserts

Peanut Butter Balls	\$2
Hello Dollies	\$2
Chocolate Chip Cookies	\$2

Frozen Drinks

Strawberry Lemonade or Apple Berry	
Small (16 oz)	\$2
Large (22 oz)	\$3

Happy Tummy Menu

Hours:
Wed & Thurs: Noon-6pm
Friday: Noon-8pm, Sat: Noon-6pm

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

Multi-grain Wraps (Comes with Chips)

Don't Mess With Texas \$5.50

Black Beans, Guacamole, Pepper Jack Cheese, Lettuce, Tomato and Onion

Happle \$5.50

Ham, Swiss, Apple Mustard, Lettuce and Onion

Jalalicious \$5

Turkey, Jalapeno Cream Cheese, Lettuce, Tomato and Onion

My Muy Grande Greek Wrap \$5

Black Bean-Garbanzo Bean Spread with Artichokes, Olives, Lettuce and Onion

Naughty Wrap \$5.50

Turkey, Pepper Jack Cheese, Chipotle Mayo, Tomato, Lettuce and Onion

Nice Wrap \$5.50

Turkey, Swiss, Mayo, Tomato, Lettuce and Onion

TCB \$6

Turkey, Cheddar, Bacon, Mayo, Lettuce, Tomato and Onion

Tex Mex Wrap \$5.50

Turkey, Pepper Jack Cheese, Guacamole, Lettuce, Tomato & Onion

That's The Last Straw \$5

Ham, Spicy Strawberry Cream Cheese, Lettuce and Onion

BBQ Tofu Wrap \$5

BBQ Tofu, Lettuce, Tomato and Onion

Jerk Tofu Wrap (This is VERY Spicy!) \$5

Jamaican Jerk Spiced Tofu, Lettuce, Tomato and Onion

Voltron \$5

BBQ & Jerk Tofu, Lettuce, Tomato & Onion

Signature Sandwiches

(Comes with Chips)

Bad Apple \$6

Turkey, Bacon, Swiss, Apple Mustard, Lettuce and Onion on Apple FredBread

B-B-BLT \$6

Bacon, Lettuce, Tomato and Baconnaisse on Bacon FredBread

CheeLT \$5

Cheddar, Mayo, Lettuce and Tomato on Sour Dough Bread

Craisy Chicken \$5

Chicken Salad with Craisins, Almonds, Red Onion, Mayo and Lettuce on Toasted Multi-grain Bread

Diablito \$5.50

Turkey, Jalapeno Cream Cheese, Lettuce, Tomato and Onion on Jalapeno Cheddar FredBread

Don't Cry for Me Argen-Tuna \$5

Tuna Salad with Apples, Walnuts, Celery, Craisins and Mayo on Croissant

Get in My Belly \$6

Chipotle Pork and Ranch Slaw on a Sesame Bun

Ham and Chee \$5

Ham, American Cheese and Mayo on Sour Dough Bread

I Left My Heart in Salmonisco \$6

Salmon Burger, Jalapeno Cream Cheese, Lettuce, Tomato and Onion on a Multi-grain Bun

I'm On a BOAT \$5

Bacon, Onion, Avocado (Guacamole), Tomato and Mayo on Sour Dough Bread

Infidel \$6.50

Ham, Chipotle Pork, Swiss, Pickle, Mayo and Mustard on Garlic Olive FredBread

The King \$5

Crunchy Peanut Butter and Banana on Bacon FredBread

The Sandwich Formerly Known As The King \$5

Crunchy Peanut Butter and Banana on Multi-grain Bread

Korean BBQ \$6

Korean Beef BBQ with Kim Chi Slawter on a Bolillo Bun

Popeye ♥s Olive Oyl \$5

Creamed Spinach with Sauteed Onions, Mushrooms, Artichokes and Swiss on Croissant

Reubenesque \$5

Ham, Swiss, Thousand Island Dressing and Kraut on Rye Bread

Sass Ya Back \$5

Turkey, Spicy Strawberry Cream Cheese, Lettuce and Onion on Rye Bread

Spicy Bird \$6

Turkey, Pepper Jack, Chipotle Mayo, Lettuce, Tomato and Onion on Jalapeno Cheddar FredBread

Squeal Like a Pig \$7.50

Chipotle Pork, Bacon, Ham and Baconnaisse on Bacon FredBread

Stars Falafel on Alabama \$5.50

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

This Little Horsey \$5.50

Roast Beef, Horseradish Mayo, Swiss, Lettuce, Tomato and Onion on Sour Dough Bread

Torta de la Tummy \$6.50

Chipotle Pork, Ham, Swiss, Onion, Guacamole, Lettuce and Mayo on a Bolillo Bun

What the Cluck? \$6

Buffalo Chicken, Ranch Slaw (or Slawter) on a Sesame Bun

You Are What You Eat \$6

Jamaican Jerk Chicken, Mayo, Lettuce, Tomato and Onion on Sour Dough Bread

Grilled Cheese \$3

American Cheese on Sour Dough Bread

Spicy Cheese \$4

Pepper Jack Cheese on Jalapeno Cheddar FredBread

Belly Buster \$9

Bacon, Turkey, Ham, Roast Beef, Swiss, Pepper Jack, Cheddar, Mayo, Brown Mustard, Lettuce, Tomato, Onion, Banana Peppers and Pickle on Bacon FredBread

Burgers

(Comes with Chips)

Hamburger	\$6
Black Bean Burger	\$6

Choose from the Following Options:

Bun: Sesame or Multi-grain

Toppings: Lettuce, Tomato, Onion, Pickle, American Cheese

Condiments: Ketchup, Mayo, Brown or Yellow Mustard

Dogs

(Comes with Chips)

Kosher Beef Hot Dog	\$3
Jumbo Veggie Dog	\$4
Bratwurst	\$4

Choose from the Following Options:

Toppings: Onion, Relish, Kraut

Condiments: Ketchup, Mayo, Brown or Yellow Mustard

Drinks

Canned Sodas & Bottled Water	\$1
Kern Nectar	\$1
Fruitables	\$1
V8 Fusion	\$1.50
Diet Green Tea	\$1.50
Chocolate Milk	\$2
San Pellegrino (Lemon or Orange)	\$2
Canned IZZE	\$2
Mango Juice	\$2
Vitamin Water	\$2
Lemonade	\$2
Perrier	\$2.50
Coconut Water	\$2.50
Mocha Frappaccino	\$2.50
FUZE	\$2.50
Red Bull	\$3
Frozen Drinks	Small \$2 Large \$3

Sides

Chips	\$1
Ranch Slaw	\$1
Slawter (Spicy Slaw)	\$1
Kim Chi Slawter	\$1
Banana	\$1
Big Ol' Dill Pickle	\$1
Snack Mix	\$2
Dried Fruit & Nuts	\$2
Spinach Dip & Pita Chips*	\$2
Mexi-Greek Dip & Pita Chips*	\$2
Jalapeno Cream Cheese & Crackers*	\$2
Spicy Strawberry Cream Cheese & Crackers*	\$2

*Gluten-Free Crackers Available on Request

Optional Upgrades

FredBread	50¢
(Apple, Bacon, Jalapeno Cheddar, Olive Garlic or Spinach Feta)	
Gluten-Free Bread	50¢
Jalapenos	50¢
Banana Peppers	50¢
Pepper Jack, Swiss or Cheddar Cheese	50¢
Salsa, Sour Cream or Herb Sour Cream	50¢
Guacamole	50¢
Hot Sauce	50¢
Additional Toppings	50¢
Multi-grain Tortilla for Quesadilla	50¢
Toast	50¢
Bacon	\$1

Quesadillas (Comes with Salsa, Sour Cream or Garlic Herb Sour Cream)

	<u>Half</u>	<u>Whole</u>
Cheese	\$2	\$3
Bacon	\$2.50	\$4
Holy Cheesus! (Jalapeno)	\$2.50	\$4
BBQ Tofu	\$3	\$5
Jerk Tofu	\$3	\$5
Hot Guac-It (Black Bean & Guacamole)	\$3	\$5
Mexi-Greek Quesadilla	\$3	\$5
Spinach-dilla (Creamed Spinach)	\$3	\$5
Taterdilla (Mashed Potato)	\$3	\$5
Jerk-dilla (Jerk Chicken)	\$4	\$6
Quesa-Cluck (Buffalo Chicken)	\$4	\$6
Pig Out (Chipotle Pork)	\$4	\$6
Bulgogi-dilla (Korean BBQ)	\$4	\$6