

## Happy Tummy Specials

August 4-7, 2010

### Apples & Pecans & Pears, Oh My! \$6

Vegetarian Apple Chili Served with Bosc Pear & Bleu Cheese Salad with Onions, Candied Pecans and a Sweet Vinaigrette

### Sandwich

(Comes with Chips)

### Fell-A-Fell \$5

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

### Wrap

(Comes with Chips)

### Tex Mex \$5

Turkey, Zesty Guacamole, Lettuce, Tomato & Onion in a Wheat Wrap

### Quesadilla

### Spam-a-lot \$5

Spam, Eggs, Pineapple, Onions and Cheese in a Flour Tortilla Served with BBQ Sour Cream

### Side Items

- Carrot & Cabbage Som Tum \$2
- Pear & Bleu Cheese Salad \$2
- Spicy Strawberry Cream Cheese & Crackers \$2
- Snack Mix \$2
- Dried Fruit & Nut Mix \$2
- Ice Cream \$2
- Cookies \$2
- Chips \$1
- Ice Cream Sandwich \$1
- FlaVorIce 50¢

# Happy Tummy Menu

## Sandwiches

(Comes with Chips)

Ham	\$5
Turkey	\$5
Roast Beef	\$5
Jerk Chicken Sandwich	\$6
Hamburger	\$6
Veggie Burger	\$6
Black Bean Burger	\$6
Salmon Burger	\$6

**Grilled Cheese** (Bread & Cheese Only) \$3  
Additional Toppings Add \$1

## Wraps

(Comes with Chips)

**BBQ Tofu Wrap** \$5  
BBQ Seasoned Tofu with Onion, Tomato & Lettuce

**Jerk Tofu Wrap** \$5  
Jerk Seasoned Tofu with Onion, Tomato & Lettuce  
This is VERY Spicy

## Dogs

(Comes with Chips)

Kosher Beef Hot Dog	\$3
Bratwurst	\$4
Vegan Hot Dog	\$4

## Quesadillas

(Served with Salsa and Sour Cream)

Cheese Quesadilla	\$3
Bacon Quesadilla	\$4
Jerk Chicken Quesadilla	\$6
BBQ Tofu Quesadilla	\$5
Jerk Tofu Quesadilla	\$5

## Jerk Chicken or Tofu

(This Is Very Spicy Stuff!)

Served as an Entree with 2 Side Items \$8

## Available Options

### Loaf Bread

Multigrain, Sour Dough, or Pumpernickel-Rye  
Jalapeno Cheddar or Spinach Feta FredBread

### Burger Buns

Sesame, Onion or Multigrain  
Jalapeno-Cheddar FredBread

### Wrap

Wheat Tortilla

### Cheese

Swiss, Cheddar, Pepperjack, American

### Toppings

Lettuce, Tomato, Onion, Pickles, Jalapenos, Banana Peppers, Kraut, Relish

### Condiments

Mayonnaise, Chipotle Mayo, Baconnaise, Ketchup, Yellow Mustard, Brown Mustard

### Chips

Ask for available options.

\*Substitute a Side Item (Additional Charge May Apply)

## 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

## 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 and stay updated about our weekly specials!**