

Happy Tummy Specials

August 11-14, 2010

Stick It \$6

Beef Satay with a Sesame Ginger Sauce and Served with Choice of Indian Puffed Rice Salad or Asian Slaw

Sandwiches

(Comes with Chips)

PB&J \$5

Crunchy or Creamy Peanut Butter with Your Choice of Bread & Jam

- Fig
- Strawberry
- Orange Marmalade
- Raspberry
- Ginger
- Spicy Strawberry
- Apple Butter
- Apricot
- Peach
- Jalapeno Pepper

Fell-A-Fell \$5

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

Wrap

(Comes with Chips)

Faux Gyro \$5

Roast Beef, Tzatziki Sauce, Lettuce, Tomato & Onion in a Wheat Wrap

Quesadilla

Johnny Applecheese \$5

Apple, Onions and Cheese in a Flour Tortilla Served with Apple Butter Honey Mustard Dip

Side Items

- Indian Puffed Rice Salad \$2
- Asian Slaw \$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

Be sure to join our email list and stay updated about our weekly specials!

Available Options

Loaf Bread

Multi-grain, Sour Dough, or Pumpernickel-Rye
Jalapeno Cheddar FredBread

Burger Buns

Sesame, Onion or Multi-grain
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, Baconnaisse, 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