

Happy Tummy Specials

December 3-6, 2010

Red Beans & Rice \$6

Cajun-Spiced Red Beans and Sausage Served Over Jasmine Rice

Sandwiches

(Comes with Chips)

Lunch Lady Land \$6

Sloppy Joe Style Ground Beef and Onion in Zesty Tomato Sauce Served on a Bun

Wrap

(Comes with Chips)

Watching the Grass Grow \$5

Turkey, Kudzu Jelly Cream Cheese, Tomato, Onion and Lettuce Wrapped in a Tortilla

Quesadilla

TaterDilla \$5

Mashed Potatoes and Cheese in a Tortilla Served with Salsa & Sour Cream

Add Bacon for \$1

Side Items

- Fresh Veggies and Ranch Dip \$2
- Creamy Tomato Basil Soup \$2
- Mediterranean Side Salad \$2
- Spiced Couscous with Fruit & Nuts \$2
- Snack Mix \$2
- Dried Fruit & Nut Mix \$2
- Cookies \$2
- Ice Cream \$2
- Chips \$1

Happy Tummy Menu

Sandwiches

(Comes with Chips)

Ham	\$5
Turkey	\$5
Roast Beef	\$5
Jerk Chicken Sandwich	\$6
Hamburger	\$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
Jumbo Veggie 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!

NOTE OUR TEMPORARY HOUR CHANGE
We will close at 6pm on Fridays until we move into our new space inside the building.

Available Options

Loaf Bread

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

Burger Buns

Sesame or Multi-grain
Jalapeno-Cheddar FredBread

Wrap

Multi-grain 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

Hot Tea, Coffee, Hot Cocoa \$1

Ice, Cup, or Cup of Ice \$1

Hours

Wed & Thurs: Noon-6pm
Friday: Noon-6pm, Sat: Noon-4pm

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