

Happy Tummy Specials

December 8-11, 2010

I'm a Pepper \$6

Steak Chunks Slow Cooked with Peppers & Onions
Served Over Garlic Onion Rice

Sandwiches

(Comes with Chips)

Craisy Chicken \$5

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

The King \$5

Peanut Butter & Banana on Toasted Bacon
FredBread or Multi-grain Bread

Grilled Cheese (Sour Dough & American Cheese) \$3

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

Craisy Chicken \$5

Chicken Salad with Craisins, Almonds, Red Onion,
Mayo and Lettuce in a Multi-grain Wrap

Side Items

- Curried Carrot Soup \$2
- Creamy Tomato Basil Soup \$2
- Onion & Garlic Rice \$2
- Fiesta Side Salad \$2
- Snack Mix \$2
- Dried Fruit & Nut Mix \$2
- Cookies \$2
- Chips \$1

Burgers

(Comes with Chips)

Hamburger \$6

Black Bean Burger \$6

Salmon Burger \$6

Served on Your Choice of Sesame, Multi-grain,
Jalapeno-Cheddar FredBread Bun
with Choice of Lettuce, Tomato, Onion, American Cheese,
Ketchup, Mayo, Mustard and Pickle

Dogs

(Comes with Chips)

Kosher Beef Hot Dog \$3

Bratwurst \$4

Jumbo Veggie Dog \$4

with Choice of Onion, Ketchup, Mustard, Kraut and Relish

Quesadillas

(Served with Salsa and Sour Cream)

Cheese Quesadilla \$3

Bacon Quesadilla \$4

BBQ Tofu Quesadilla \$5

Jerk Tofu Quesadilla \$5

Fiesta Quesadilla \$5

(Black Bean, Corn, Onion and Tomato)

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