

Happy Tummy Menu

February 26-28, 2009

This Week's Special!

et tu, Brute! \$6

Chicken, Egg, Croutons, Parmesan Cheese, Mixed Greens, Tomato, Onion, Cracked Black Pepper and Caesar Salad Dressing

Side Items

\$2 each

- Spicy Green Beans with Onion & Sesame
- Sweet Rice with Fruit & Nuts
- Blueberry FredBread Rolls with Lemon Cream Cheese Frosting
- Creamy Macaroni & Cheese
- Sweet Potato, Carrot, Apple & Lentil Soup
- Side Salad
- Trust Me

*Substitute a Side Item for Chips For Only \$1 More

Hours

Thursday - Saturday
Noon to 8pm

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

mmmhappytummy.com

**Be sure to join our email list
to find out about our weekly specials!**

Sandwiches

(Comes with Chips)

This Week's Suggestions

Bad Apple \$5

Turkey, Bacon, Swiss, Lettuce, Onion, Honey Mustard & Apple Butter Spread on Apple FredBread

Salmon-chanted Evening \$5

Salmon, Celery, Red Onion, Sprouts, Dill Cream Cheese and Spinach Wrapped in a Flour Tortilla

Build Your Own Sammie \$5

(Served Hot or Cold on Fresh FredBread)
- Your Choice of: Ham, Turkey, or Bacon

Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter \$2

with your choice of Jam

Combinations

Jerk Chicken or Tofu \$8

Served as an Entree with 2 Sides

**Sweet Potato, Carrot, Apple & Lentil Soup
& Grilled Cheese** \$5

Quesadillas

He's Gump \$5

Peas, Carrots & Cheese
in a Quesadilla Served with Ranch Dip

Cheese Quesadilla \$3

Salads

Jerk Chicken or Tofu Salad \$5

Spring Mix \$4

with your choice of toppings

Dogs

(Comes with Chips)

Hot Dog \$3

Bratwurst \$4

Add Slaw-ter (Spicy Slaw) for \$1

Drinks

**Coke, Diet Coke, Sprite,
Root Beer, Vernors Ginger Ale
or Bottled Water** \$1

Iced Tea or Fruit Juice \$2
(one free refill on iced tea)

Coffee, Hot Tea or Hot Cocoa \$1