

Happy Tummy Menu

February 19-21, 2009

This Week's Special!

Brunswick Stew \$6

Brunswick Stew Served with a Side Salad and a Slice of Toasted FredBread

Side Items

\$2 each

- Creamy Tomato Basil Soup

- Side Salad

- Fresh Veggies & Ranch Dip

- Chickpea Couscous

- Jalapeno Cheddar FredBread Rolls with

Pepper Jelly Cream Cheese

- Spiced Apple Cake

- Lime M&M Ice Cream

*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

Ham-mer Time \$5

Ham, Cheese, Lettuce, Onion & Sweet Hot Mustard Served on White or Wheat FredBread

Roasted Wrap \$5

Roasted Veggies, Swiss, and Spinach Wrapped in a Flour Tortilla and Served with Ranch Dip

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

Creamy Tomato Basil Soup

& Grilled Cheese \$5

Quesadillas

QuesaTaters \$5

Mashed Potatoes, Green Onion & Cheese in a Quesadilla Served with Salsa and Sour Cream

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