

## Happy Tummy Menu

Jan 15-17, 2009

### This Week's Special!

#### Chicken Santa Fe Soup \$6

Chicken, Cheese, Chilis, Tomatoes, Corn, Bell Peppers, Onion, and Black Bean Soup Served with Tortillas and Sour Cream and Salsa

#### Side Items

\$2 each

- Broccoli Casserole
- Chips and Salsa
- Hearty Vegetable Soup
- Corn, Onion and Bell Pepper Couscous
- Spinach Feta Rolls & Hummus
- Orange Pineapple Jello
- Berry Pie

\*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

## Sandwiches

(Comes with Chips)

### This Week's Suggestions

#### Muffaletta \$6

Ham, Salami, Provolone and Olive Relish  
Served on a FredBread Bun

#### Hummus Wrap \$5

Hummus, Lettuce, Tomato, Onion,  
Cucumber, Red Pepper and Cheese Served in  
a Flour Wrap

#### Build Your Own Sammie \$5

(Served Hot or Cold)

- Your Choice of: Ham, Turkey, Bacon

#### Veggie Burger \$5

#### Jerk Chicken Sandwich \$6

#### Grilled Cheese \$3

#### Peanut Butter or Nutella \$2

with your choice of Jam

### Combinations

#### Jerk Chicken or Tofu \$8

Served as an Entree with 2 Sides

#### Vegetable Soup & Grilled Cheese \$5

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

## Quesadillas

#### Shrimp Quesadilla \$5

Sauteed Shrimp & Vegetables and Cheese in  
a Quesadilla Served with Salsa & Sour Cream

#### Cheese Quesadilla \$3

### Salads

#### Jerk Chicken or Tofu Salad \$5

#### Spring Mix or Spinach \$4

with your choice of toppings

### Dogs

(Comes with Chips)

#### Hot Dog \$2

#### Bratwurst \$4

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

### Drinks

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

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

**Hot Tea or Hot Cocoa** \$1