

Happy Tummy Menu

Jan 22-24, 2009

This Week's Special!

Beef Lasagna \$7

Beef Lasagna Served with a Side Salad and FredBread Rolls

Side Items

\$2 each

- Mashed Sweet Potatoes & Apples
- Spinach, Artichoke, Mushroom & Onion Casserole
- Side Salad
- FredBread Rolls & Fruit Cream Cheese
- Split Pea Soup
- Apple Pie
- Cookies

*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

Jacked Up \$6

Turkey, Bacon, Pepperjack Cheese, Fruit Relish Served on a Jalapeno Pepperjack FredBread Bun

Hot Stuff \$5

Ham, Cheese, Lettuce & Tomato in a Flour Wrap Served with Hot Mustard Dip

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

Split Pea Soup & Grilled Cheese \$5

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

Quesadillas

Spanish Fly \$5

Spanish Rice and Cheese in a Quesadilla Served with Salsa & 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
or Bottled Water \$1**

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

Hot Tea or Hot Cocoa \$1