

## Happy Tummy Menu

January 27-30, 2010

### Pot Roast \$6

Pot Roast with Potatoes, Carrots and Onions and Served with FredBread Rolls

### Side Items

\$2 each

- Vegetable Soup
- Mexi-Greek Dip & Pita Chips
- Red Bean Couscous
- Creamy Tomato Basil Soup
- Hello Dollies
- Coconut Lemongrass Ice Cream

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

### Hours

Wed & Thurs: Noon-6pm

Friday: Noon-8pm

Sat: Noon-4pm

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

[mmmhappytummy.com](http://mmmhappytummy.com)

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

## Sandwiches

(Comes with Chips)

### Craisy Chicken \$5

Chicken Salad with Craisins, Almonds, Mayo, Celery, Red Onions and Lettuce on Toasted Wheat FredBread

### Build Your Own Sandwich

Ham or Turkey \$5

Jerk Chicken Sandwich \$6

Hamburger \$6

Veggie Burger \$6

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayonnaise, Baconnaise, Ketchup, Yellow or Brown Mustard

Grilled Cheese (Bread & Cheese Only) \$3

### Wraps

(Comes with Chips)

My Muy Grande Greek Wrap \$5

Black Bean-Garbanzo Bean Spread with Artichokes, Olives, Onions, Feta Cheese and Lettuce Wrapped in a Tortilla

BBQ Tofu Wrap \$5

with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5

(This is Very Hot Stuff!)

with Onion, Tomato & Lettuce

## Quesadillas

Omeletdilla \$5

Eggs, Onions, Mushrooms and Cheese in a Tortilla Served with Salsa and Sour Cream  
Add Bacon for \$1

Cheese Quesadilla \$3

Served with Salsa and Sour Cream  
Add Bacon for \$1

### Dogs

(Comes with Chips)

Hot Dog \$3

Bratwurst \$4

Condiments: Yellow or Brown Mustard, Ketchup, Kraut, Relish, Onion

### Jerk Chicken or Tofu

(This Is Very Hot Stuff!)

Served as an Entree with 2 Sides \$8

### Drinks

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

Iced Tea (1 free refill) \$2

Fruit Juice \$2

Coffee, Hot Tea or Hot Cocoa \$1

Ice, Cup, or Cup of Ice \$1