

Happy Tummy Menu

July 22-25, 2009

This Week's Special!

Vegetable Pasta Salad \$6
Tri-Color Pasta with Squash, Cucumber,
Tomato, Onion and Carrot
Served over a Bed of Lettuce with a
Balsamic Vinaigrette Dressing
(Add Chicken for \$1 More)

Side Items

\$2 each

- Fresh Veggies and Ranch Dip
- Mexi-Greek Bean Dip with Chips
- Side Salad
- Strawberry Princess Salad
- Almond Butter Cookies
- Lemon 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

Sandwiches

(Comes with Chips)

This Week's Suggestions

Sweet & Spicy Bird Pig \$6
Turkey, Bacon, Strawberry Cream Cheese,
Onions and Lettuce on
Jalapeno Cheddar FredBread

Build Your Own Sandwich

Ham or Turkey \$5
Jerk Chicken Sandwich \$6
Veggie Burger \$5
Grilled Cheese (Bread & Cheese Only) \$3

With Your Choice of
Bread: Wheat, Jalapeno Cheddar or Rye
Cheese: Swiss, Cheddar, Pepperjack, American
Toppings: Lettuce, Tomato, Onion
Condiments: Mayo, Yellow or Brown Mustard

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 and Served
with a Greek Vinaigrette Dip

BBQ Tofu Wrap \$5
with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5
with Onion, Tomato & Lettuce

Quesadillas

TaterDilla \$5
Mashed Potatoes, Green Onions,
and Cheese in a Tortilla
Served with Salsa and Sour Cream

Cheese Quesadilla \$3
Served with Salsa and Sour Cream

Jerk Chicken or Tofu
(This Is Very Hot Stuff!)
Served as an Entree with 2 Sides \$8

Dogs

(Comes with Chips)

Hot Dog \$3
Bratwurst \$4

Drinks

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

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

Ice, Cup, or Cup of Ice \$1

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