

Happy Tummy Specials

July 28-31, 2010

Green with Envy \$5

Thai-Style Green Curry in Coconut Milk with Carrots, Bell Peppers and Bamboo Shoots Served with Jasmine Rice
Add Chicken or Tofu for \$1

Sandwich

(Comes with Chips)

Lunch Lady Land \$6

Sloppy Joe Style Ground Beef, Peppers and Onion in Zesty Tomato Sauce Served on Your Choice of Burger Bun with Chips

Wrap

(Comes with Chips)

Craisy Chicken \$5

Chicken Salad with Cranberries, Almonds, Celery, Red Onion, Mayo & Lettuce in a Wheat Tortilla

Salad

Craisy Chicken \$5

Chicken Salad with Cranberries, Almonds, Celery, Red Onion, Mayo Served on a Bed of Lettuce or Spinach

Quesadilla

Kore Sample \$5

Korean Kim Chee and Cheese in a Flour Tortilla Served with Asian Hot Mustard Sour Creme

Side Items

- Broccoli Salad	\$2
- Strawberry Spinach Salad	\$2
- Rice	\$2
- Ginger Carrot Cake	\$2
- Snack Mix	\$2
- Dried Fruit & Nut Mix	\$2
- Ice Cream	\$2
- Cookies	\$2
- Chips	\$1
- Ice Cream Sandwich	\$1
- FlaVorIce	50¢

Happy Tummy Menu

Sandwiches

(Comes with Chips)

Ham	\$5
Turkey	\$5
Roast Beef	\$5
Jerk Chicken Sandwich	\$6
Hamburger	\$6
Veggie Burger	\$6
Black Bean Burger	\$6
Salmon Burger	\$6
Grilled Cheese (Bread & Cheese Only)	\$3
Additional Toppings Add	\$1

Wraps

(Comes with Chips)

BBQ Tofu Wrap	\$5
BBQ Seasoned Tofu with Onion, Tomato & Lettuce	
Jerk Tofu Wrap	\$5
Jerk Seasoned Tofu with Onion, Tomato & Lettuce	
This is VERY Spicy	

Dogs

(Comes with Chips)

Kosher Beef Hot Dog	\$3
Bratwurst	\$4
Vegan Hot Dog	\$4

Quesadillas

(Served with Salsa and Sour Cream)

Cheese Quesadilla	\$3
Bacon Quesadilla	\$4
Jerk Chicken Quesadilla	\$6
BBQ Tofu Quesadilla	\$5
Jerk Tofu Quesadilla	\$5

Jerk Chicken or Tofu

(This Is Very Spicy Stuff!)

Served as an Entree with 2 Side Items \$8

Available Options

Loaf Bread

Multigrain, Sour Dough, or Pumpernickel-Rye
Jalapeno Cheddar FredBread

Burger Buns

Sesame or Multigrain
Jalapeno-Cheddar FredBread

Hot Dog Buns

Wheat or White

Wrap

Wheat Tortilla

Cheese

Swiss, Cheddar, Pepperjack, American

Toppings

Lettuce, Tomato, Onion, Pickles, Jalapenos, Banana Peppers, Kraut, Relish

Condiments

Mayonnaise, Chipotle Mayo, Baconnaise, Ketchup, Yellow Mustard, Brown Mustard

Chips

Sea Salt, BBQ or Jalapeno Kettle Chips
Original or Harvest Cheddar Sun Chips
*Substitute a Side Item (Additional Charge May Apply)

Drinks

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

Iced Tea (1 free refill) \$2

Fruit Juice \$2

Ice, Cup, or Cup of Ice \$1

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

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stay updated about our weekly specials!**