

Happy Tummy Specials

July 7-10 , 2010

We Be Jambin' \$6

Beef, Pork, Chicken, Peppers, Onions, Kidney Beans, Celery, Tomatoes, and Cajun Spices Served Over Rice

Sandwich

(Comes with Chips)

I Left My Heart in Salmonisco \$6

Grilled Salmon Burger with Lettuce, Tomato, Onion and Your Choice of Zesty Thai Sauce or Jalapeno Cream Cheese on a Bun

Wrap

(Comes with Chips)

Naughty or Nice Wrap \$5

Turkey, Tomato, Onion and Lettuce in a Wheat Wrap

Naughty: Pepperjack Cheese and Chipotle Mayo

Nice: Swiss and Mayo

Quesadilla

TaterDilla \$5

Mashed Potatoes and Cheese in a Tortilla Served with Salsa & Sour Cream

Add Bacon for \$1

Side Items

- Cajun Buttery Corn \$2
- Vidalia Spinach Salad \$2
- Lemon Blueberry Bread \$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 |

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

**Be sure to join our email list and
stay updated about our weekly specials!**