

Happy Tummy Menu

July 8-11, 2009

This Week's Special!

Asian Chicken Salad \$5

Chicken, Almonds, Craisins, Carrots, Mandarin Oranges, Red Onion, Chow Mein Noodles Over a Bed of Lettuce and Topped With an Asian Dressing

Side Items

\$2 each

- Carrot Coconut Lime Soup
- Fresh Fruit
- Caribbean Sweet Potato Salad
- Broccoli Salad
- Fresh Veggies & Ranch Dip
- Double Chocolate 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

Happle Sandwich \$5

Ham, Swiss, Red Onion, Lettuce and Sweet Spicy Mustard on Apple 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)

Turkey Garden Wrap \$5

Turkey, Carrot, Cucumber, Broccoli, Cream Cheese, Onion, Tomato & Lettuce Wrapped in a Flour Tortilla

BBQ Tofu Wrap \$5

with Onion, Tomato & Greens

Jerk Tofu Wrap \$5

with Onion, Tomato & Greens

Quesadillas

Fiesta Quesadilla \$5

Black Beans, Corn, Tomatoes, 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!**