

Happy Tummy Specials

June 16-19, 2010

Mexican Melee \$6

Ground Beef, Onions, Peppers, Black Beans, Corn, Tomatoes and Cheese Over Tortilla Chips With Salsa & Sour Cream

Side Items

\$2 each

- **Egyptian Spinach Soup**
- **Fresh Veggies & Ranch**
- **Fresh Fruit**
- **Dessert** (Listed Below)

Sandwich

(Comes with Chips)

Popeye's Olive Oyl \$5

Creamed Spinach with Sauteed Mushrooms and Artichokes on Croissant with Swiss Cheese

Wrap

(Comes with Chips)

Mediterr-key \$5

Turkey, Swiss, Roasted Red Peppers, Artichokes, Olives, Tomato, Onion, Lettuce & Pesto Mayo Wrapped in a Tomato Basil Tortilla

Quesadilla

Omeletdilla \$5

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

Snacks and Desserts

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|------------------------------------|-----|
| - Snack Mix | \$2 |
| - Dried Fruit & Nut Mix | \$2 |
| - Ice Cream | \$2 |
| - Cookies | \$2 |
| - Fruit Sorbet | \$3 |
| - Ice Cream Sandwich | \$1 |
| - FlaVorIce | 25¢ |

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	\$5
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

FredBread

Wheat, Jalapeno Cheddar or Rye
White or Jalapeno Cheddar Bun for Burgers

Wrap

Wheat or Jalapeno Cheddar Tortilla

Cheese

Swiss, Cheddar, Pepperjack, American

Toppings

Lettuce, Tomato, Onion, Pickle

Condiments

Mayonnaise, Baconnaise, Ketchup, Yellow Mustard,
Brown Mustard, Kraut, Relish

Chips

Sea Salt, BBQ or Jalapeno Kettle Chips
Original or Harvest Cheddar Sun Chips
*Substitute a Side Item for \$1

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!

Be sure to check our Weekly Specials Menu!