

## Happy Tummy Specials

June 2-5, 2010

### **Frankly My Dear**      \$6

Ground Meat, Thai Lemon Sauce, Cilantro, Red Onion and Crushed Red Thai Chili Served Over Romaine Lettuce with Jasmine Rice

### **Side Items**

\$2 each

- **Ranch Slaw or Slawter**
- **Asparagus-Cucumber Salad**
- **Dessert** (Listed Below)

### **Sandwich**

(Comes with Chips)

### **What the Cluck?**      \$6

Shredded Buffalo Chicken and Ranch Slaw Served on a FredBread Bun

### **Wrap**

(Comes with Chips)

### **Don't Cry for Me Argen-Tuna**      \$5

Tuna Salad with Apples, Walnuts, Celery, Craisins, Mayo, Lettuce and Swiss in a Wheat Wrap

### **Salad**

### **Tuna On, Tuna In, Drop Out**      \$5

Tuna Salad with Apples, Walnuts, Celery, Craisins and Mayo Served Over a Bed of Romaine

### **Quesadilla**

### **To-Fu Quesadilla**      \$5

Marinated Tofu and Cheese in a Tortilla and Served with Salsa & Sour Cream

### **Snacks and Desserts**

- **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 Tortilla

### Cheese

Swiss, Cheddar, Pepperjack, American

### Toppings

Lettuce, Tomato, Onion

### 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

**Capri Sun 100% Juice** \$1  
(Fruit, Berry, Apple or Grape)

## 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](http://mmmhappytummy.com)

**Be sure to check our Weekly Specials Menu!**

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