

Happy Tummy Specials

June 23-26, 2010

Cuban Chicken Fricassee \$6

Chicken Legs, Potatoes, Bell Peppers, Garlic and Onion in a Cuban-Spiced Tomato Sauce Served over White Rice

Side Items

\$2 each

- **Potato Salad**
- **Fresh Veggies & Ranch**
- **Strawberry Soup**
- **Dessert** (Listed Below)

Sandwich

(Comes with Chips)

The King \$5

Creamy or Crunchy Peanut Butter and Banana on Toasted Bacon FredBread

Wrap

(Comes with Chips)

Yippee-Ki-Yay \$5

Turkey, Pepperjack Cheese, Ranch Dressing, Lettuce, Tomato and Onion Wrapped in a Wheat Tortilla
Add Slawter for \$1

Quesadilla

Hoo Wee Quesadilla \$6

Shrimp, Onion, Pepper, Tomato and Cheese in a Quesadilla Served with Salsa & Sour Cream

Snacks and Desserts

- **Snack Mix** \$2
- **Dried Fruit & Nut Mix** \$2
- **Ice Cream** \$2
- **Cookies** \$2
- **Brownies** \$2
- **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

Loaf Bread

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

Buns

Sesame or Multigrain
Jalapeno-Cheddar FredBread

Wrap

Wheat 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 check our Weekly Specials Menu!

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