

Happy Tummy Menu

June 24-27, 2009

This Week's Special!

Summer Soup \$5

Chilled Vegetable Gazpacho Served with FredBread Toast and Veggie Cream Cheese

Side Items

\$2 each

- Vidalia Spinach Salad
- Mexican Orzo Salad
- FredBread Toast & Veggie Cream Cheese
- Fresh Fruit
- Caramel Pecan Ice Cream
- Apple Pie 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

**HAPPY TUMMY WILL BE
CLOSED JULY 1 - 4th**

Sandwiches

(Comes with Chips)

This Week's Suggestions

Turkey Bang Bang \$5

Turkey, Pepperjack Cheese, Mayo,
Tomato, Onion and Lettuce on
Jalapeno Cheddar FredBread

Build Your Own Sandwich

Ham or Turkey \$5

Jerk Chicken Sandwich \$6

Veggie Burger \$5

Grilled Cheese \$3

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Provolone,

Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayo, Yellow or Brown Mustard

Wraps

(Comes with Chips)

Aloha Wrap \$5

Ham, Swiss, Jalapeno-Pineapple Cream
Cheese, Onion & Lettuce Wrapped
in a Flour Tortilla

BBQ Tofu Wrap \$5

with Onion, Tomato & Greens

Jerk Tofu Wrap \$5

with Onion, Tomato & Greens

Quesadillas

Strong to the Finish \$5

Spinach, Mushrooms, Onions
and Cheese in a Tortilla Served
with Marinara Sauce

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!**