

Happy Tummy Specials

June 30-July 3 , 2010

Summer Soup \$5

Chilled Vegetable Gazpacho with Crackers and Veggie Cream Cheese

Side Items

\$2 each

- Black Beans & Rice
- Marinated Vegetables
- Fresh Fruit
- Crackers & Veggie Cream Cheese
- Fruit Trifle

Sandwich

(Comes with Chips)

Infidel \$6

Ham, Pork Loin, Dill Pickle, Swiss, Mayo & Mustard on Garlic-Olive FredBread

Wrap

(Comes with Chips)

Happle \$5

Ham, Swiss, Lettuce, Onion and Apple Butter Honey Mustard in a Wheat Tortilla

Quesadilla

UR What U8 Quesadilla \$6

Jerk Chicken and Cheese in a Quesadilla Served with Caribbean Sour Cream

Salad

Thai Me Up, Thai Me Down \$5

Tuna, Onion, Cilantro, Peanuts & Thai Lemon Sauce Served Over Lettuce with a Side of Rice

Snacks and Desserts

- Snack Mix \$2
- Dried Fruit & Nut Mix \$2
- Ice Cream \$2
- Cookies \$2
- Ice Cream Sandwich \$1
- FlaVorIce 50¢

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

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

Available Options

Loaf Bread

Multigrain, Sour Dough, or Pumpernickel-Rye
Jalapeno Cheddar or Garlic-Olive FredBread

Buns

Sesame or Multigrain
Jalapeno-Cheddar FredBread

Wrap

Wheat Tortilla

Cheese

Swiss, Cheddar, Pepperjack, American

Toppings

Lettuce, Tomato, Onion, Pickles, Jalapenos, Banana Peppers, Kraut, Relish

Condiments

Mayonnaise, Baconnise, Ketchup, Yellow Mustard, Brown Mustard

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