

Specials

March 30-April 2, 2011

Spin To My Lou \$5.50

*Creamed Spinach with Artichoke Hearts, Onions and Mushrooms
Topped with Swiss on Toasted Sundried Tomato Basil FredBread
(Comes with Chips)*

Desserts

| | |
|-------------------------------------|-----|
| Peanut Butter Balls | \$2 |
| Hello Dollies | \$2 |
| Chocolate Chip Cookies | \$2 |
| Banana Pudding Ice Cream | \$2 |
| Jar of Raspberry Habanero Preserves | \$5 |

Happy Tummy Menu

Hours:
Wed & Thurs: Noon-6pm
Friday: Noon-8pm, Sat: Noon-6pm

Happy Tummy is located at Lowe Mill, 2211 Seminole Dr
256-348-8132
mmmhappytummy.com

Wraps

(Comes with Chips)

Naughty Wrap \$5.50

Turkey, Pepper Jack Cheese, Chipotle Mayo, Tomato, Lettuce and Onion

Nice Wrap \$5.50

Turkey, Swiss, Mayo, Tomato, Lettuce and Onion

Happle \$5.50

Ham, Swiss, Apple Mustard, Lettuce and Onion

TCB \$6

Turkey, Cheddar, Bacon, Mayo, Lettuce, Tomato and Onion

Tex Mex Wrap \$5.50

Turkey, Pepper Jack Cheese, Zesty Guacamole Spread, Lettuce, Tomato & Onion

Jerk Tofu Wrap \$5

Jamaican Jerk Spiced Tofu, Lettuce, Tomato and Onion (This is VERY Spicy!)

BBQ Tofu Wrap \$5

BBQ Tofu, Lettuce, Tomato and Onion

Voltron \$5

BBQ & Jerk Tofu, Lettuce, Tomato & Onion

My Muy Grande Greek Wrap \$5

Black Bean-Garbanzo Bean Spread with Artichokes, Olives, Lettuce and Onion

Jalalicious \$5

Turkey, Jalapeno Cream Cheese, Lettuce, Tomato and Onion

That's The Last Straw \$5

Ham, Spicy Strawberry Cream Cheese, Lettuce and Onion

Signature Sandwiches

(Comes with Chips)

Bad Apple \$6

Turkey, Bacon, Swiss, Apple Mustard, Lettuce and Onion on Apple FredBread

B-B-BLT \$6

Bacon, Lettuce, Tomato and Baconnaisse on Bacon FredBread

Craisy Chicken \$5

Chicken Salad with Craisins, Almonds, Red Onion, Mayo and Lettuce on Toasted Multi-grain Bread

Diablito \$5.50
Turkey, Jalapeno Cream Cheese, Lettuce, Tomato and Onion on Jalapeno Cheddar FredBread

Don't Cry for Me Argen-Tuna \$5
Tuna Salad with Apples, Walnuts, Celery, Craisins and Mayo on Croissant

Get in My Belly \$6
Chipotle Pork and Ranch Slaw on a Sesame Bun

Ham and Chee \$5
Ham, American Cheese and Mayo on Sour Dough Bread

I Left My Heart in Salmonisco \$6
Salmon Burger, Jalapeno Cream Cheese, Lettuce, Tomato and Onion on a Multi-grain Bun

Infidel \$6.50
Ham, Chipotle Pork, Swiss, Pickle, Mayo and Mustard on Garlic Olive FredBread

The King \$5
Crunchy Peanut Butter and Banana on Bacon FredBread

The Sandwich Formerly Known As The King \$5
Crunchy Peanut Butter and Banana on Multi-grain Bread

Korean BBQ \$6
Korean Beef BBQ on a Bun with Kim Chi Slawter

Popeye ♥s Olive Oyl \$5
Creamed Spinach with Sauteed Onions, Mushrooms, Artichokes and Swiss on Croissant

Reubenesque \$5
Ham, Swiss, Thousand Island Dressing and Kraut on Rye Bread

Sass Ya Back \$5
Turkey, Spicy Strawberry Cream Cheese, Lettuce and Onion on Rye Bread

Spicy Bird \$6
Turkey, Pepper Jack, Chipotle Mayo, Lettuce, Tomato and Onion on Jalapeno Cheddar FredBread

This Little Horsey \$5.50
Roast Beef, Horseradish Mayo, Swiss, Lettuce, Tomato and Onion on Sour Dough Bread

What the Cluck? \$6
Buffalo Chicken, Ranch Slaw (or Slawter) on a Sesame Bun

You Are What You Eat \$6
Jamaican Jerk Chicken, Mayo, Lettuce, Tomato and Onion on Sour Dough Bread

Grilled Cheese \$3
American Cheese on Sour Dough Bread

Spicy Cheese \$4
Pepper Jack Cheese on Jalapeno Cheddar FredBread

Belly Buster \$9
Bacon, Turkey, Ham, Roast Beef, Swiss, Pepper Jack, Cheddar, Mayo, Brown Mustard, Lettuce, Tomato, Onion, Banana Peppers and Pickle on Bacon FredBread

Burgers

(Comes with Chips)

| | |
|-------------------|-----|
| Hamburger | \$6 |
| Black Bean Burger | \$6 |

Choose from the Following Options:

Bun: Sesame, Multi-grain or Jalapeno Cheddar FredBread

Toppings: Lettuce, Tomato, Onion, Pickle, American Cheese

Condiments: Ketchup, Mayo, Brown or Yellow Mustard

Dogs

(Comes with Chips)

| | |
|---------------------|-----|
| Kosher Beef Hot Dog | \$3 |
| Jumbo Veggie Dog | \$4 |
| Bratwurst | \$4 |

Choose from the Following Options:

Toppings: Onion, Relish, Kraut

Condiments: Ketchup, Mayo, Brown or Yellow Mustard

Drinks

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| Canned Sodas & Bottled Water | \$1 |
| Fruitables | \$1 |
| Coffee, Hot Tea, Hot Cocoa | \$1 |
| Ice, Cup or Cup of Ice | \$1 |
| Iced Tea (One Free Refill) | \$2 |
| Mango | \$2 |
| Chocolate Milk | \$2 |
| Strawberry Lemonade | \$2 |
| Canned San Pellegrino (Lemon or Orange) | \$2 |
| Perrier, Mocha Frappaccino or IZZE | \$2.50 |

Sides

| | |
|--|-----|
| Chips | \$1 |
| Ranch Slaw | \$1 |
| Slawter (Spicy Slaw) | \$1 |
| Kim Chi Slawter | \$1 |
| Banana | \$1 |
| Big Ol' Dill Pickle | \$1 |
| Snack Mix | \$2 |
| Dried Fruit & Nuts | \$2 |
| Tomato Basil Soup | \$2 |
| Spinach Dip & Pita Chips | \$2 |
| Mexi-Greek Dip & Pita Chips | \$2 |
| Jalapeno Cream Cheese & Crackers | \$2 |
| Spicy Strawberry Cream Cheese & Crackers | \$2 |

Optional Upgrades

| | |
|--|-----|
| FredBread | 50¢ |
| (Apple, Bacon, Jalapeno Cheddar, Olive Garlic) | |
| Gluten-Free Bread | 50¢ |
| Jalapenos | 50¢ |
| Banana Peppers | 50¢ |
| Pepper Jack, Swiss or Cheddar Cheese | 50¢ |
| Salsa, SC or Hot Sauce | 50¢ |
| Additional Toppings | 50¢ |
| Multi-grain Tortilla for Quesadilla | 50¢ |
| Toast | 50¢ |
| Bacon | \$1 |

Quesadillas (Comes with Salsa, Sour Cream or Garlic Herb Sour Cream)

| | <u>Half</u> | <u>Whole</u> |
|---------------------------------|-------------|--------------|
| Cheese | \$2 | \$3 |
| Bacon | \$2.50 | \$4 |
| Holy Cheesus! (Jalapeno) | \$2.50 | \$4 |
| BBQ Tofu | \$3 | \$5 |
| Jerk Tofu | \$3 | \$5 |
| Mexi-Greek Quesadilla | \$3 | \$5 |
| Spinach-dilla (Creamed Spinach) | \$3 | \$5 |
| Taterdilla (Mashed Potato) | \$3 | \$5 |
| Jerk-dilla (Jerk Chicken) | \$4 | \$6 |
| Quesa-Cluck (Buffalo Chicken) | \$4 | \$6 |
| Pig Out (Chipotle Pork) | \$4 | \$6 |
| Bulgogi-dilla (Korean BBQ) | \$4 | \$6 |