

## Happy Tummy Menu

March 17-20, 2010

### Sketti \$6

Spaghetti Noodles & Red Sauce with Mushrooms, Peppers and Onions Served with a Side Salad and Garlic Parmesan FredBread Rolls  
Add Meatballs for \$1

### Side Items

\$2 each

- Side Salad
- Asian Slaw
- Chips & Salsa
- Creamy Tomato Basil Soup
- Peanut Butter Pie
- Banana Pudding

\*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](http://mmmhappytummy.com)

Be sure to join our email list  
to find out about our weekly specials!

## Sandwiches

(Comes with Chips)

### Thai One On \$5

Thai Chicken Salad, Onion, Lettuce and Peanut Sauce on Toasted FredBread

### Build Your Own Sandwich

Ham, Roast Beef or Turkey \$5

Jerk Chicken Sandwich \$6

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayonnaise, Baconnaisse, Ketchup,  
Yellow or Brown Mustard

Grilled Cheese (Bread & Cheese Only) \$3

### Burgers

Hamburger, Veggie or Black Bean Burger \$6  
on a White or Jalapeno Cheddar FredBread Bun

### Wraps

Tropical Tuna Salad \$5

Tuna with Curry, Pickle, Pineapple, Mayo  
and Lettuce Served in a Tortilla

Tofu Wrap \$5

BBQ Or Jerk\* Seasoned Tofu  
with Onion, Tomato & Lettuce

\*Jerk is VERY Spicy

## Quesadillas

St Patty's Quesadilla \$5

Corned Beef, Cabbage and Cheese  
in a Tortilla Served with Spicy Mustard Dip

Cheese Quesadilla \$3

Served with Salsa and Sour Cream  
Add Bacon for \$1

### Dogs

(Comes with Chips)

Hot Dog \$3

Bratwurst \$4

Condiments: Yellow or Brown Mustard,  
Ketchup, Kraut, Relish, Onion

### Jerk Chicken or Tofu

(This Is Very Hot Stuff!)

Served as an Entree with 2 Sides \$8

### Drinks

Coke, Diet Coke, Sprite, Root Beer,  
Ginger Ale or Bottled Water \$1

Iced Tea (1 free refill) \$2

Fruit Juice \$2

Hot Tea, Coffee or Hot Cocoa \$1

Ice, Cup, or Cup of Ice \$1