

Happy Tummy Menu

March 19-21, 2009

This Week's Special!

Inside Out Chicken Pot Pie \$6

Chicken Meat Pie Served on Top of Carrots, Peas, Onions and Celery in a Creamy Sauce

Side Items

\$2 each

- **Apple Chili**

- **Squash, Mushroom & Onion Rice**

- **Side Salad**

- **Garlic Parmesan FredBread Sticks Served with Greek Vinaigrette & Pesto Marinara**

- **Ginger Carrot Cake**

- **Vanilla Yogurt Topped with Fruit & Ancient Secret Granola**

*Substitute a Side Item for Chips For Only \$1 More

Hours

Thursday - Saturday

Noon to 8pm

Happy Tummy is located at

Lowe Mill, 2211 Seminole Dr

256-348-8132

mmmhappytummy.com

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

Sandwiches

(Comes with Chips)

This Week's Suggestions

Spicy Bird \$6

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

My Muy Grande Greek Wrap \$5

Black Bean Garbanzo Spread with Artichoke, Olives, Onions, Tomato, Feta and Greens Wrapped in a Flour Tortilla and Served with a Greek Vinaigrette Dip

Build Your Own S sammie \$5

(Served Hot or Cold on Fresh FredBread)

- Your Choice of: Ham, Turkey, or Bacon

Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Peanut Butter \$2

with your choice of Jam

Combinations

Jerk Chicken or Tofu \$8

Served as an Entree with 2 Sides

Apple Chili & Grilled Cheese \$5

Quesadillas

Johnny Applecheese \$5

Roasted Apples and Onions and Cheese in a Quesadilla Served with Salsa and Sour Cream

Cheese Quesadilla \$3

Salads

Jerk Chicken or Tofu Salad \$5

Spring Mix \$4

with your choice of toppings

Dogs

(Comes with Chips)

Hot Dog \$3

Bratwurst \$4

Add Slaw-ter (Spicy Slaw) for \$1

Drinks

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

Iced Tea or Fruit Juice \$2
(one free refill on iced tea)

Coffee, Hot Tea or Hot Cocoa \$1