

# Specials

March 2-5, 2011

Go Make Me A Pot Pie     \$6  
Mixed Vegetables Topped with a Pastry Crust  
Available with Chicken or Tofu

Brussels Sprouts     \$2

Caramel Apple Bread Pudding     \$2

## Desserts

Peanut Butter Balls	\$2
Hello Dollies	\$2
Danish Wedding Cookies	\$2
Coconut Ice Cream	\$2

# 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

**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

**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

Canned Sodas & Bottled Water	\$1
Fruitables	\$1
Coffee, Hot Tea, Hot Cocoa	\$1
Ice, Cup or Cup of Ice	\$1
V8 Fusion	\$1.50
Iced Tea (One Free Refill)	\$2
Mango	\$2
Chocolate Milk	\$2
Canned San Pellegrino (Lemon or Orange)	\$2.00
Perrier, Mocha Frappaccino or IZZE	\$2.50

## Sides

Chips	\$1
Ranch Slaw	\$1
Slawter (Spicy Slaw)	\$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¢
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