

Happy Tummy Menu

March 26-28, 2009

This Week's Special!

Lunch Lady Land \$6

Sloppy Joe Style Ground Beef, Onion and Bell Pepper in Zesty Tomato Sauce Served on a FredBread Bun with Chips

Side Items

\$2 each

- Jamaican Spinach Soup
- Potato Salad
- Asian Slaw
- Black Beans and Rice
- Cranberry Walnut Rolls with Spicy Cranberry Chutney
- Chocolate Cake with Raspberry Cream Cheese Icing

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

Hours

Thursday - Saturday
Noon to 8pm

Our Hours Will Change May 1

Wed & Thurs: Noon to 6pm
Fri: Noon to 8pm
Sat: Noon to 4pm

We Will Be Closed Saturday April 25

Sandwiches

(Comes with Chips)

This Week's Suggestions

Chick It Out \$5

Curried Chicken, Apple, Raisins, Celery, Peanuts, Mayo and Greens on FredBread

Bird is the Word Wrap \$5

Turkey, Swiss, Spicy Cranberry Chutney and Greens Wrapped in a Flour Tortilla

Build Your Own Sandwich \$5

Your Choice of

Bread: Wheat, Jalapeno Cheddar

Meat: Ham, Turkey, or Bacon

Cheese: Swiss, Provolone, Cheddar, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayo, Yellow or Brown Mustard

Veggie Burger \$5

Jerk Chicken Sandwich \$6

Grilled Cheese \$3

Jerk Chicken or Tofu

(This Is Hot Stuff!)

Jerk Chicken or Tofu \$8

Served as an Entree with 2 Sides

Jerk Chicken or Tofu Salad \$5

Quesadillas

Hoo-wee Quesadilla \$5

Cajun Spiced Shrimp & Vegetables and Cheese in a Quesadilla
Served with Salsa & Sour Cream

Cheese Quesadilla \$3

Served with Salsa and Sour Cream

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

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!**