

## Happy Tummy Menu

March 3-6, 2010

### Scavenger Hunt \$6

Cajun Spiced Shrimp, Pork, Chicken,  
Onion, Bell Pepper, Corn, Kidney Beans  
Served Over Rice

### Side Items

\$2 each

- Jalapeno Cream Cheese & Toast
- Black Beans & Rice
- Brussels Sprouts
- Dried Fruit & Nuts
- Sweet & Salty Snack Mix
- Creamy Tomato Basil Soup
- Pineapple Upside Down Cake

\*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)

### Craisy Chicken \$5

Chicken Salad with Cranberries, Almonds,  
Celery, Red Onion, Mayo & Lettuce on  
Toasted Cranberry FredBread

### Build Your Own Sandwich

Ham 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, Baconnaise, 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

Jalalicious \$5

Turkey, Jalapeno Cream Cheese,  
Lettuce, Tomato and Onion on a  
Jalapeno Cheddar Tortilla

Tofu Wrap \$5

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

\*Jerk is VERY Spicy

## Quesadillas

QuesaTater \$5

Mashed Potatoes with Green Onion  
and Cheese in a Tortilla Served  
with Salsa and Sour Cream  
Add Bacon for \$1

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 or Hot Cocoa \$1

Ice, Cup, or Cup of Ice \$1