

Happy Tummy Menu

March 31-April 3, 2010

I Left My Heart in Salmonisco \$6

Grilled Salmon Burger with Lettuce, Tomato, Onion and Your Choice of Zesty Thai Sauce or Jalapeno Cream Cheese on a FredBread Bun
Served with Chips

Side Items

\$2 each

- Jalapeno Cream Cheese with Flipsides

- Chips & Salsa

- Caribbean Sweet Potato Salad

- Carrot Som Tum

- Snack Mix

- Mediterranean Spice Cake

- Coconut Ice Cream

*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

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

Sandwiches

(Comes with Chips)

Diablito \$5

Turkey, Lettuce, Tomato, Onion and Jalapeno Cream Cheese on Jalapeno Cheddar 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, Baconnise, 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

My Muy Grande Greek Wrap \$5

Black Bean-Garbanzo Bean Spread with
Artichokes, Olives, Onions, Feta Cheese and
Lettuce Wrapped in a Tortilla

Tofu Wrap \$5

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

*Jerk is VERY Spicy

Quesadillas

Chip Off the Old Block \$5

Chipotle Slow Roasted Pork, Onions and Cheese
in a Tortilla Served With Salsa and Sour Cream

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