

Happy Tummy Menu

March 5-7, 2009

This Week's Special!

Broccoli Cheese Soup \$6
Broccoli Cheese Soup Served
in a FredBread Bowl

Side Items

\$2 each

- Side Salad

- Strawberry FredBread Rolls with
Chocolate Cream Cheese
- Pinto Beans & Corn Bread
- Long Grain & Wild Rice
- Navy Bean, Spinach & Cranberry Soup
- Cranberry Walnut Bread Pudding

*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

Vegetalia \$5

Atichoke Hearts, Sundried Tomatoes, Swiss
and Spinach on a Garlic FredBread Bun

Garden Wrap \$5

Turkey, Carrot, Broccoli, Cream Cheese and
Spinach Wrapped in a Flour Tortilla

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

Navy Bean, Spinach & Cranberry Soup

& Grilled Cheese \$5

Quesadillas

Mushtardilla \$5

Mushrooms, Onions, Peppers & Cheese
in a Quesadilla Served with Mustard Relish &
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