

Happy Tummy Menu

May 13-16, 2009

This Week's Special!

Sketti \$6

Spaghetti and Red Sauce with Beef, Peppers and Onions. Served with a Side Salad and Garlic FredBread Rolls

Side Items

\$2 each

- Greek Orzo Salad

- Side Salad

- Lemon Garlic Broccoli

- Creamy Tomato Basil Soup

- Jala-Brownies

- Banana Pudding 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

Sandwiches

(Comes with Chips)

This Week's Suggestions

Sweet & Spicy Bird-Pig \$5

Turkey, Bacon, Strawberry Cream Cheese, Onions and Greens on Jalapeno Cheddar FredBread

Build Your Own Sandwich \$5

Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Meat: Ham, Turkey, or Bacon

Cheese: Swiss, Provolone, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayo, Yellow or Brown Mustard

Jerk Chicken Sandwich \$6

Veggie Burger \$5

Grilled Cheese \$3

Wraps

Omega Wrap \$5

Tuna, Sunflower Seeds, Pumpkin Seeds, Onion, Lemon, Olive Oil and Spinach
Wrapped in a Flour Tortilla

BBQ Tofu Wrap \$5

with Onion, Tomato & Greens

Jerk Tofu Wrap \$5

with Onion, Tomato & Greens

Quesadillas

Chicken Philly \$5

Chicken, Peppers, Onions & Cheese in a Tortilla Served with Sour Cream

Cheese Quesadilla \$3

Served with Salsa and Sour Cream

Jerk Chicken or Tofu

(This Is Very Hot Stuff!)

Served as an Entree with 2 Sides \$8

Dogs

(Comes with Chips)

Hot Dog \$3

Bratwurst \$4

Add Slaw-ter (Spicy Slaw) for \$1

Drinks

**Coke, Diet Coke, Sprite,
Root Beer, Ginger Ale
or Bottled Water** \$1

Iced Tea or Fruit Juice \$2
(one free refill on iced tea)

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