

Happy Tummy Specials

May 19-22, 2010

Sketti \$5

Spaghetti Sauce with Peppers, Onions and Mushrooms over Noodles and Served with Garlic Parmesan FredBread Rolls

Add Meatballs for \$1

Side Items

\$2 each

- Strawberry Princess Salad
- Broccoli Salad
- Mexi-Greek Dip with Pita Chips

Sandwich

(Comes with Chips)

This Little Piggy \$5

Ham, Peach Cream Cheese and Cucumber on Pumpernickel Bread

Diablito \$5

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

Wrap

(Comes with Chips)

Jalalicious \$5

Turkey, Jalapeno Cream Cheese, Lettuce, Tomato & Onion in Jalapeno Cheddar Wrap

Quesadilla

My Muy Grande Greek Quesadilla \$5

Black Beans, Chick Peas, Artichokes, Olives, Onion and Cheese in a Tortilla and Served with Sour Cream

Snacks and Desserts

- Snack Mix \$2
- Dried Fruit & Nut Mix \$2
- Ice Cream \$2
- Cookies \$2
- Fruit Sorbet \$3
- Ice Cream Sandwich \$1
- FlaVorIce 25¢

Happy Tummy Menu

Sandwiches

(Comes with Chips)

Ham	\$5
Turkey	\$5
Roast Beef	\$5
Jerk Chicken Sandwich	\$6
Hamburger	\$6
Veggie Burger	\$6
Black Bean Burger	\$6

Grilled Cheese (Bread & Cheese Only) \$3

Additional Toppings Add \$1

Wraps

(Comes with Chips)

BBQ Tofu Wrap \$5
BBQ Seasoned Tofu with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5
Jerk Seasoned Tofu with Onion, Tomato & Lettuce
This is VERY Spicy

Dogs

(Comes with Chips)

Kosher Beef Hot Dog	\$3
Bratwurst	\$4
Vegan Hot Dog	\$4

Quesadillas

(Served with Salsa and Sour Cream)

Cheese Quesadilla	\$3
Bacon Quesadilla	\$4
Jerk Chicken Quesadilla	\$5
BBQ Tofu Quesadilla	\$5
Jerk Tofu Quesadilla	\$5

Jerk Chicken or Tofu

(This Is Very Spicy Stuff!)

Served as an Entree with 2 Side Items \$8

Available Options

FredBread

Wheat, Jalapeno Cheddar or Rye
White or Jalapeno Cheddar Bun

Wrap

Wheat Tortilla

Cheese

Swiss, Cheddar, Pepperjack, American

Toppings

Lettuce, Tomato, Onion

Condiments

Mayonnaise, Baconnaise, Ketchup, Yellow Mustard,
Brown Mustard, Kraut, Relish

Chips

Sea Salt, BBQ or Jalapeno Kettle Chips
Original or Harvest Cheddar Sun Chips
*Substitute a Side Item for \$1

Drinks

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

Iced Tea (1 free refill) \$2

Fruit Juice \$2

Ice, Cup, or Cup of Ice \$1

Capri Sun 100% Juice \$1
(Fruit, Berry, Apple or Grape)

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 check our Weekly Specials Menu!

**Be sure to join our email list and
stay updated about our weekly specials!**