

Happy Tummy Menu

May 20-23, 2009

This Week's Special!

Poppy Love \$7

Poppypeed Almond Chicken in a Cream Sauce Served Over Long Grain & Wild Rice With Your Choice of One Side Item

Side Items

\$2 each

- Spinach, Onion & Mushroom Couscous
- Green Bean & Kidney Bean Salad
- Strawberry Princess Salad
- Vegetable Lentil Soup
- Blackberry-Strawberry Pie
- Strawberry Cheesecake 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

East Meets South \$5

Orange Pecan Chopped Chicken With Lettuce and Asian Sesame Dressing Served on Toasted 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

TCB Wrap \$5

Turkey, Pepperjack Cheese, Bacon, Mayo, Spicy Mustard, Lettuce, Tomato & Onion Wrapped in a Flour Tortilla

BBQ Tofu Wrap \$5

with Onion, Tomato & Greens

Jerk Tofu Wrap \$5

with Onion, Tomato & Greens

Quesadillas

Calzon-dilla \$5

Spinach, Mushroom, Onions & Cheese in a Tortilla Served with Marinara Sauce

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!**