

Happy Tummy Specials

May 26-29, 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 and
Served with Chips

Side Items

\$2 each

- Italian Pasta Salad
- Strawberry Spinach Salad
- Fresh Fruit
- Dessert (Listed Below)

Sandwich

(Comes with Chips)

Deli-cious \$6
Ham, Salami, Swiss, Lettuce, Tomato, Olive
Relish, Herbed Oil & Vinegar on Cuban Bread

Wrap

(Comes with Chips)

Naughty or Nice Wrap \$5
Turkey, Tomato, Onion and Lettuce
Naughty: Pepperjack Cheese and Chipotle Mayo in a Jalapeno Cheddar Wrap
Nice: Swiss and Mayo in a Wheat Wrap

Quesadilla

Pig Out Quesadilla \$5
Chipotle Pork, Bacon and Cheese in a Tortilla and Served with Salsa & 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!**