

Happy Tummy Menu

May 27 - 30, 2009

This Week's Special!

Sausage \$6

Mozzarella, Pepper & Sun Dried Tomato
Chicken Sausage in an Italian Hoagie Bun.
Topped with Peppers & Onions. Served With
Your Choice of One Side Item or Chips

*You May Substitute a Veggie Brat On This Item

Side Items

\$2 each

- Apple Chili

- Potato Salad

- Texas Caviar & Jalapeno Cheddar Toast

- Fresh Fruit

- Peanut Butter Balls

- Blackberry-Strawberry 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

Tropical Tuna Salad \$5

Tuna with Curry, Pickle, Pineapple, Mayo and
Lettuce 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

Garden Turkey Wrap \$5

Turkey, Vegetable Cream Cheese, Lettuce,
& Tomato Wrapped in a Flour Tortilla

BBQ Tofu Wrap \$5

with Onion, Tomato & Greens

Jerk Tofu Wrap \$5

with Onion, Tomato & Greens

Quesadillas

Holy Cheesus \$5

Peppers, 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!**