

## Happy Tummy Specials

May 5-8, 2010

**Get In My Belly!** \$5

Chipotle Pork Sandwich with Ranch Slaw on a White or Jalapeno Cheddar FredBread Bun

### Side Items

\$2 each

- Italian Pasta Salad
- Fresh Fruit
- Ranch Slaw
- Snack Mix
- Dried Fruit & Nut Mix
- Peanut Butter Balls
- Oatmeal Craisin Cookies
- Hello Dollies
- Strawberry-Lime Ice Cream

### Salad

**Fiesta Salad** \$5

Black Beans, Onions, Corn, Tomatoes, Lettuce & Tortilla Chips Served with Salsa & Sour Cream

### Sandwich

(Comes with Chips)

**Popeye ♥'s Olive Oyl** \$5

Creamed Spinach, Artichoke, Onion, Mushroom and Swiss on a Croissant

### Wrap

(Comes with Chips)

**Guess What? Turkey ...** \$5

Turkey, Swiss, Horseradish Mayo, Lettuce, Tomato and Onion in a Wheat Wrap

### Quesadilla

**Fiesta Quesadilla** \$5

Black Beans, Onions, Corn and Tomatoes and Cheese in a Tortilla and Served with Salsa & Sour Cream

### Also Available

- 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 or Brown  
Mustard, Kraut, Relish

### Chips

Sea Salt, BBQ or Jalapeno Kettle Chips  
Original, French Onion 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

## 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](http://mmmhappytummy.com)

**Be sure to check our Weekly Specials Menu!**

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