

Happy Tummy Menu

Oct 14-17, 2009

This Week's Special!

Jamaican Me Hungry \$6
Baked Potato Stuffed with Jerk Chicken,
Butter, Bacon, Cheese and
Caribbean Sour Cream

Side Items

\$2 each

- Zesty Cream Corn
- Italian Vegetable Soup
- Vidalia Spinach Salad
- Chips & Salsa
- Curried Chocolate Chip Banana Bread
- Caramel Chocolate Chunk 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

Hammer Time \$5
Ham, Swiss, Lettuce, Tomato & Olive Relish
on Black Olive Chipotle FredBread

Build Your Own Sandwich

Ham or Turkey \$5
Jerk Chicken Sandwich \$6
Veggie Burger \$5
Grilled Cheese (Bread & Cheese Only) \$3

With Your Choice of
Bread: Wheat, Jalapeno Cheddar or Rye
Cheese: Swiss, Cheddar, Pepperjack, American
Toppings: Lettuce, Tomato, Onion
Condiments: Mayo, Yellow or Brown Mustard

Wraps

(Comes with Chips)

Dirty Bird \$5
Turkey, Onion, Lettuce and Raspberry Cream
Cheese Wrapped in a Flour Tortilla Topped
With a Light Sprinkling of Cocoa

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

Jerk Tofu Wrap \$5
(This is Very Hot Stuff!)
with Onion, Tomato & Lettuce

Quesadillas

Me So Corny \$5
Zesty Corn and Cheese in a Tortilla Served
with Salsa & Sour Cream
Add Jerk Chicken for \$1

Cheese Quesadilla \$3
Served with Salsa and Sour Cream
Add bacon for \$1

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

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)

Ice, Cup, or Cup of Ice \$1

**Be sure to join our email list
to find out about our weekly specials!**