

## Happy Tummy Menu

Oct 2-4, 2008

### This Week's Special!

#### Mexican Melee

Chorizo sausage, tomatoes, bell peppers, onions and black beans stewed together and served over rice, topped with cheddar cheese, with a side of Mexican Cornbread \$7

#### Side Items

\$2 each

- Strawberry Pretzel Salad
- Fresh Veggies with Dill Dip
- Rice Noodles with Peanut Sauce
- Hot Pepper FredBread Toastettes with Pineapple Cream Cheese
- Mexican Cornbread with Butter

#### Desserts

\$2 each

- Ginger Carrotcake with Cream Cheese Icing
- White Chocolate Raspberry Ice Cream
- Cranberry Apple Sorbet

#### Hours

Thursday - Saturday  
Noon to 8pm

## Sandwiches

(Comes with Chips)

### This Week's Suggestions

#### Spicy Bird

Turkey, pepperjack cheese, lettuce, onion, tomato and chipotle mayo \$5

#### The Pipeline

Ham and pineapple cream cheese with onions and lettuce served in a wrap with a spicy BBQ dipping sauce \$5

#### Cold Cuts \$5

(Served Hot or Cold)

- Ham, Turkey, Salami or Bacon

#### Veggie Burger \$5

#### Jerk Chicken Sandwich \$6

#### Grilled Cheese \$3

#### Peanut Butter or Nutella \$2

with your choice of Jam

## Quesadilla

### Strong to the Finish

Sauteed spinach, onion and mushrooms with shredded cheese and served with garlic herb sour creme \$5

\*Substitute a Side Item  
for Chips For Only \$1 More

## Salad

### Jerk Chicken or Tofu Salad \$5

Spring Mix or Spinach with your choice of toppings \$4

#### Dogs

(Comes with Chips)

#### Hot Dog \$2

#### Bratwurst \$4

### Jerk Chicken or Tofu

Served as an Entree  
with 2 Sides \$8

## Drinks

Coke, Diet Coke,  
Sprite, Root Beer  
or Bottled Water \$1

Iced Tea or Fruit Juice \$2  
(one free refill on iced tea)

Happy Tummy is located at  
Lowe Mill, 2211 Seminole Dr

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

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