

Happy Tummy Menu

Oct 21-24, 2009

Chili Con Carne \$6

Chili with Beef Chunks Sprinkled with Cheese and Served with Cornbread & Butter

Frito Chili Cheese Pie \$4

Side Items

\$2 each

- Cornbread & Butter
- Granola Green Beans
- Herbed Rice
- Mexi-Greek Dip & Chips
- Plum Apple Spice Cake
- Almond Butter & Honey 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

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

Sandwiches

(Comes with Chips)

The King \$5

Creamy Peanut Butter and Banana on
Toasted Bacon FredBread

Build Your Own Sandwich

Ham or Turkey \$5

Jerk Chicken Sandwich \$6

Hamburger \$5

Veggie Burger \$5

With Your Choice of

Bread: Wheat, Jalapeno Cheddar or Rye

Cheese: Swiss, Cheddar, Pepperjack, American

Toppings: Lettuce, Tomato, Onion

Condiments: Mayonnaise, Ketchup,

Yellow or Brown Mustard

Grilled Cheese (Bread & Cheese Only) \$3

Wraps

(Comes with Chips)

My Muy Grande Greek Wrap \$5

Black Bean-Garbanzo Bean Spread with
Artichokes, Olives, Onions, Feta Cheese and
Lettuce Wrapped in a Tortilla and Served with a
Greek Vinaigrette Dip

BBQ Tofu Wrap \$5

with Onion, Tomato & Lettuce

Jerk Tofu Wrap \$5

(This is Very Hot Stuff!)
with Onion, Tomato & Lettuce

Quesadillas

TaterDilla \$5

Mashed Potatoes and Cheese in a Tortilla
Served with Salsa & Sour Cream
Add Bacon 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

Add Chili for \$1

Condiments: Yellow or Brown Mustard,
Ketchup, Kraut, Relish, Onion

Drinks

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

Iced Tea (one free refill) \$2

Fruit Juice \$2

Coffee, Hot Tea or Hot Cocoa \$1

Ice, Cup, or Cup of Ice \$1