

Happy Tummy Specials

October 6-9, 2010

Green with Envy \$5

Thai-Style Green Curry in Coconut Milk with Carrots, Bell Peppers and Bamboo Shoots Served with Jasmine Rice
Add Chicken or Tofu for \$1

Sandwiches

(Comes with Chips)

B-B-BLT \$5

Bacon, Lettuce and Tomato with Baconnaisse Served on Bacon FredBread

Wrap

(Comes with Chips)

Breakfast of Champions \$5

Jerk Tofu, Egg, Bell Pepper, Onion, Mushroom and Fresh Baby Spinach in a Wheat Wrap

Quesadilla

Yella Belly \$5

Butternut Squash and Cheese in a Tortilla and Served with Garlic Herb Sour Cream
Add Bacon for \$1

Side Items

- Creamy Tomato Basil Soup \$2
- Rice & Peanut Sauce \$2
- Snack Mix \$2
- Dried Fruit & Nut Mix \$2
- Ice Cream \$2
- Cookies \$2
- Chips \$1

Happy Tummy Menu

Sandwiches

(Comes with Chips)

Ham	\$5
Turkey	\$5
Roast Beef	\$5
Jerk Chicken Sandwich	\$6
Hamburger	\$6
Black Bean Burger	\$6
Salmon 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
Jumbo Veggie Dog	\$4

Quesadillas

(Served with Salsa and Sour Cream)

Cheese Quesadilla	\$3
Bacon Quesadilla	\$4
Jerk Chicken Quesadilla	\$6
BBQ Tofu Quesadilla	\$5
Jerk Tofu Quesadilla	\$5

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

Available Options

Loaf Bread

Multi-grain, Oatmeal, or Pumpernickel-Rye
Jalapeno Cheddar FredBread

Burger Buns

Sesame or Multi-grain
Jalapeno-Cheddar FredBread

Wrap

Wheat Tortilla

Cheese

Swiss, Cheddar, Pepperjack, American

Toppings

Lettuce, Tomato, Onion, Pickles, Jalapenos, Banana Peppers, Kraut, Relish

Condiments

Mayonnaise, Chipotle Mayo, Baconnaisse, Ketchup, Yellow Mustard, Brown Mustard

Chips

Ask for available options.

*Substitute a Side Item (Additional Charge May Apply)

Drinks

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

Iced Tea (1 free refill) \$2

Fruit Juice \$2

Hot Tea, Coffee, Hot Cocoa \$1

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