

Happy Tummy Specials

September 15-18, 2010

Split a Rib \$6

Slow Cooked BBQ Pork Ribs Served with Buttery Corn and FredBread Rolls

Sandwiches

(Comes with Chips)

Bad Apple \$6

Turkey, Bacon, Swiss, Lettuce, Onion, Honey Mustard Apple Butter Spread on Apple FredBread

Wrap

(Comes with Chips)

Don't Cry for Me Argen-Tuna \$5

Tuna Salad with Apples, Walnuts, Celery, Craisins, Mayo and Swiss in a Wheat Wrap

Quesadilla

TaterDilla \$5

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

Add Bacon for \$1

Side Items

- Buttery Corn	\$2
- Fresh Fruit	\$2
- Asparagus Cucumber Salad	\$2
- Snack Mix	\$2
- Dried Fruit & Nut Mix	\$2
- Ice Cream	\$2
- Cookies	\$2
- Chips	\$1
- FlaVorIce	50¢

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, Sour Dough, 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

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,
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mmmhappytummy.com