

## Happy Tummy Specials

September 22-25, 2010

*This Week We Are Celebrating The Bard,  
Little Willie Shakespeare*

**Puck It!** \$6

Italian Sausage with Potatoes, Onions, Tomatoes & Peppers and Served with Rosemary FredBread Rolls

### Sandwiches

(Comes with Chips)

**Alas! Poor Yorick** \$5

Roast Beef, Swiss, Horseradish Mayo, Lettuce, Tomato and Onion on Sour Dough Bread

### Wrap

(Comes with Chips)

**Ay, There's The Rub** \$6

Shred Jerk Chicken with Caribbean Mayo, Lettuce and Onion in a Wheat Wrap

### Quesadilla

**Hamlet** \$5

Ham, Egg and Cheese in a Tortilla Served with Sweet Mustard Sour Cream

### Side Items

- Gazpacho	\$2
- Rosemary Rolls with Herbed Oil & Vinegar	\$2
- Cabbage, Carrots, Apples & Nuts	\$2
- Stewed Veggies	\$2
- Snack Mix	\$2
- Dried Fruit & Nut Mix	\$2
- Cake	\$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
<b>Grilled Cheese</b> (Bread & Cheese Only)	\$3
Additional Toppings Add \$1	

## Wraps

(Comes with Chips)

<b>BBQ Tofu Wrap</b>	\$5
BBQ Seasoned Tofu with Onion, Tomato & Lettuce	
<b>Jerk Tofu Wrap</b>	\$5
Jerk Seasoned Tofu with Onion, Tomato & Lettuce	
This is VERY Spicy	

## Dogs

(Comes with Chips)

<b>Kosher Beef Hot Dog</b>	\$3
<b>Bratwurst</b>	\$4
<b>Jumbo Veggie Dog</b>	\$4

## Quesadillas

(Served with Salsa and Sour Cream)

<b>Cheese Quesadilla</b>	\$3
<b>Bacon Quesadilla</b>	\$4
<b>Jerk Chicken Quesadilla</b>	\$6
<b>BBQ Tofu Quesadilla</b>	\$5
<b>Jerk Tofu Quesadilla</b>	\$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,  
2211 Seminole Dr  
256-348-8132  
mmmhappytummy.com