

Happy Tummy Menu

Hours:
Wed & Thurs: Noon-6pm
Friday: Noon-8pm, Sat: Noon-6pm

Happy Tummy is located at Lowe Mill, 2211 Seminole Dr
256-348-8132
mmmhappytummy.com

Wraps

(Comes with Chips)

Naughty Wrap \$5.50

Turkey, Pepper Jack Cheese, Chipotle Mayo, Tomato, Lettuce and Onion

Nice Wrap \$5.50

Turkey, Swiss, Mayo, Tomato, Lettuce and Onion

Happle \$5.50

Ham, Swiss, Apple Mustard, Lettuce and Onion

TCB \$6

Turkey, Cheddar, Bacon, Mayo, Lettuce, Tomato and Onion

Jerk Tofu Wrap \$5

Jamaican Jerk Spiced Tofu, Lettuce, Tomato and Onion (This is VERY Spicy!)

BBQ Tofu Wrap \$5

BBQ Tofu, Lettuce, Tomato and Onion

Voltron \$5

BBQ & Jerk Tofu, Lettuce, Tomato & Onion

My Muy Grande Greek Wrap \$5

Black Bean-Garbanzo Bean Spread with Artichokes, Olives, Lettuce and Onion

Jalalicious \$5

Turkey, Jalapeno Cream Cheese, Lettuce, Tomato and Onion

That's The Last Straw \$5

Ham, Spicy Strawberry Cream Cheese, Lettuce and Onion in a Multi-grain Wrap

Signature Sandwiches

(Comes with Chips)

Bad Apple \$6

Turkey, Bacon, Swiss, Apple Mustard, Lettuce and Onion on Apple FredBread

B-B-BLT \$6

Bacon, Lettuce, Tomato and Baconnaisse on Bacon FredBread

Craisy Chicken \$5

Chicken Salad with Craisins, Almonds, Red Onion, Mayo and Lettuce on Toasted Multi-grain Bread

Diablito \$5.50

Turkey, Jalapeno Cream Cheese, Lettuce, Tomato and Onion on Jalapeno Cheddar FredBread

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

Tuna Salad with Apples, Walnuts, Celery, Craisins and Mayo on Croissant

Get in My Belly \$6

Chipotle Pork and White BBQ Slaw on a Sesame Bun

Ham and Chee \$5

Ham, American Cheese and Mayo on Sour Dough Bread

I Left My Heart in Salmonisco \$6

Salmon Burger, Jalapeno Cream Cheese, Lettuce, Tomato and Onion on a Multi-grain Bun

Infidel \$6.50

Ham, Chipotle Pork, Swiss, Pickle, Mayo and Mustard on Garlic Olive FredBread

The King \$5

Crunchy Peanut Butter and Banana on Bacon FredBread

The Sandwich Formerly Known As The King \$5

Crunchy Peanut Butter and Banana on Multi-grain Bread

Popeye ♥s Olive Oyl \$5

Creamed Spinach with Sauteed Onions, Mushrooms, Artichokes and Swiss on Croissant

Reubenesque \$5

Ham, Swiss, Thousand Island Dressing and Kraut on Rye Bread

Spicy Bird \$6

Turkey, Pepper Jack, Chipotle Mayo, Lettuce, Tomato and Onion on Jalapeno Cheddar FredBread

This Little Horsey \$5.50

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

What the Cluck? \$6

Buffalo Chicken, Ranch Slaw (or Slawter) on a Sesame Bun

You Are What You Eat \$6

Jamaican Jerk Chicken, Mayo, Lettuce, Tomato and Onion on Sour Dough Bread

Grilled Cheese \$3

American Cheese on Sour Dough Bread

Spicy Cheese \$4

Pepper Jack Cheese on Jalapeno Cheddar FredBread

Belly Buster \$9

Bacon, Turkey, Ham, Roast Beef, Swiss, Pepper Jack, Cheddar, Mayo, Brown Mustard, Lettuce, Tomato, Onion, Banana Peppers and Pickle on Bacon FredBread

Burgers

(Comes with Chips)

Hamburger	\$6
Black Bean Burger	\$6

Choose from the Following Options:

Bun: Sesame, Multi-grain or Jalapeno Cheddar FredBread

Toppings: Lettuce, Tomato, Onion, Pickle, American Cheese

Condiments: Ketchup, Mayo, Brown or Yellow Mustard

Dogs

(Comes with Chips)

Kosher Beef Hot Dog	\$3
Jumbo Veggie Dog	\$4
Bratwurst	\$4

Choose from the Following Options:

Toppings: Onion, Relish, Kraut

Condiments: Ketchup, Mayo, Brown or Yellow Mustard

Drinks

Canned Sodas & Bottled Water	\$1
Coffee, Hot Tea, Hot Cocoa	\$1
Ice, Cup or Cup of Ice	\$1
Iced Tea (One Free Refill)	\$2
Fruit Juice	\$2
Perrier	\$2.50
Canned San Pellegrino (Lemon or Orange)	\$2.00

Sides

Chips	\$1
Ranch Slaw	\$1
White BBQ Slaw	\$1
Slawter (Spicy Slaw)	\$1
Banana	\$1
Big Ol' Dill Pickle	\$1
Small Popcorn	\$1
Snack Mix	\$2
Dried Fruit & Nuts	\$2
Chips & Salsa	\$2
Fiesta Side Salad	\$2
Tomato Basil Soup	\$2
Spinach Dip & Pita Chips	\$2
Mexi-Greek Dip & Pita Chips	\$2
Jalapeno Cream Cheese & Crackers	\$2
Spicy Strawberry Cream Cheese & Bagel	\$2
Large Popcorn	\$4
Desserts	Ask for Available Options

Optional Upgrades

FredBread	50¢
Jalapenos	50¢
Banana Peppers	50¢
Pepper Jack, Swiss or Cheddar Cheese	50¢
Salsa, SC or Hot Sauce	50¢
Additional Toppings	50¢
Multi-grain Tortilla for Quesadilla	50¢
Toast	50¢
Bacon	\$1
Side Item Instead of Chips	Additional Charge May Apply

Quesadillas (Comes with Salsa, Sour Cream or Garlic Herb Sour Cream)

	Half	Whole
Cheese	\$2	\$3
Bacon	\$2.50	\$4
Holy Cheesus! (Jalapeno)	\$2.50	\$4
BBQ Tofu	\$3	\$5
Jerk Tofu	\$3	\$5
Mexi-Greek Quesadilla	\$3	\$5
Spinach-dilla (Creamed Spinach)	\$3	\$5
Taterdilla (Mashed Potato)	\$3	\$5
Fiesta (Black Bean, Corn, Onion & Tomato)	\$3	\$5
Jerk-dilla (Jerk Chicken)	\$4	\$6
Quesa-Cluck (Buffalo Chicken)	\$4	\$6
Pig Out (Chipotle Pork)	\$4	\$6