

# sandwiches

All sandwiches come with chips.

## **Baby, Please Don't Go \$7.50**

Ham, Salami, Swiss, Provolone and Olive Relish on Ciabatta

## **Bad Apple \$6.50**

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

## **B-BLT \$6**

Bacon, Lettuce, Tomato and Mayo on Bacon FredBread

## **CheeLT \$5**

Cheddar, Mayo, Lettuce and Tomato on White Bread

## **Craisy Chicken \$5**

Chicken Salad with Craisins, Almonds, Celery, Red Onion, Mayo and Lettuce on Wheat Bread

## **Diablito \$6**

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

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

Tuna Salad with Celery, Craisins and Mayo on Cranberry FredBread

## **Get in My Belly \$6**

Chipotle Pork and White BBQ Slaw on Ciabatta

## **Gorilla Cheese \$3**

American Cheese on White Bread

## **Ham and Chee \$5**

Ham, American Cheese and Mayo on White Bread

## **I'm On a BOAT \$6**

Bacon, Onion, Guacamole, Tomato and Mayo on White Bread

## **In-Fidel \$7.50**

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

## **Jane Says \$7.50**

Jerk Chicken, Bacon, Pepperjack Cheese, Guacamole, and Red Onion on Jalapeno Cheddar FredBread

## **Kim Chi Reuben \$6**

Ham, Swiss, CrashBoomBangonnaise and Kim Chi on Rye

## **Leave Me Provolone \$4**

Provolone on Cranberry FredBread

## **Pimp My Chee \$5**

Pimento Cheese on Toasted White Bread

## **Popeye Loves Olive Oyl \$5**

Creamed Spinach with Sauteed Onions, Mushrooms, Artichokes and Swiss on White Bread

## **Reubenesque \$6**

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

## **Sass Ya Back \$5**

Turkey, Spicy Strawberry Cream Cheese, Spinach and Onion on Rye Bread

## **Spicy Bird \$6**

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

## **Spicy Cheese \$4**

Pepper Jack Cheese on Jalapeno Cheddar FredBread

## **Squeal Like a Pig \$7.50**

Chipotle Pork, Bacon, Ham and Mayo on Bacon FredBread

## **Stars Falafel on Alabama \$5.50**

Baked Falafel, Spinach, Tomato and Asian Sesame Sauce on Olive Garlic FredBread

## **That's Amore \$6**

Ham, Salami, Provolone, Pesto Mayo, Tomato, Onion and Spinach on Olive Garlic FredBread

## **The Breakfast Club \$6**

Egg Salad, Bacon, Cheese, Lettuce and Tomato on White Bread

## **Torta de la Tummy \$7.50**

Chipotle Pork, Ham, Swiss, Onion, Guacamole, Lettuce and Mayo on Ciabatta

## **Wecome Back, Ciabatta \$7.50**

Turkey, Artichoke, Roasted Red Pepper, Tapenade, Smoked Gouda, Onion, Tomato & Spinach on Ciabatta

## **What the Cluck \$6**

Buffalo Chicken and Pickle on Ciabatta

## **You Are What You Eat \$6**

Jamaican Jerk Chicken, Mayo, Lettuce, Tomato and Onion on White Bread

## **You've Really Got a Hold on Me \$6**

Artichoke, Roasted Red Pepper, Tapenade, Smoked Gouda, Onion, Tomato & Spinach on Ciabatta

Most Sandwiches and Wraps Can Be Served on Gluten Free Bread, Over Lettuce, or Over Spinach

While we are careful to avoid contact, all food is prepared in the same area. Therefore, we cannot guarantee that your food will be completely gluten free.

# WRAPS.

All wraps come with chips.

## **Boss Hogg \$6**

Slow-Cooked Chipotle Pork, White BBQ Slaw, & Banana Peppers

## **Don't Mess With Texas \$5.50**

Black Beans, Guacamole, Pepper Jack Cheese, Lettuce, Tomato and Onion

## **Happle \$6**

Ham, Swiss, Apple Mustard, Spinach and Onion

## **Hide the Salami \$6**

Ham, Salami, Pesto Mayo, Provolone, Tomato, Onion & Spinach

## **Jack's in Big Trouble \$6**

Buffalo Chicken, Pepper Jack Cheese, and Banana Peppers Grilled in a Flour Tortilla

## **Jalalicious \$6**

Turkey, Jalapeno Cream Cheese, Lettuce, Tomato and Onion

## **Jerk Tofu Wrap (This is VERY Spicy!) \$5.50**

Jamaican Jerk Spiced Tofu, Spinach, Tomato and Onion

## **My Muy Grande Greek Wrap \$5**

Black Bean-Garbanzo Bean-Artichoke-Olive-Onion-Garlic Spread with Tomatoes and Spinach

## **Naughty Wrap \$6**

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

## **Nice Wrap \$6**

Turkey, Swiss, Mayo, Tomato, and Lettuce

## **TCB \$6**

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

## **Tex Mex Wrap \$6**

Turkey, Pepper Jack Cheese, Guacamole, Lettuce, Tomato & Onion

## **That's The Last Straw \$5**

Ham, Spicy Strawberry Cream Cheese, Spinach and Onion

## **Wrap It Up, I'll Take It \$5**

Cilantro Mayo, Pickled Daikon, Jalapenos, Cucumbers and Napa Cabbage in a Tortilla Wrap (Served Cold) Add Asian-Marinated Tofu for \$1

## SIDES

Toasted FredBread  
Bacon, Jalapeno Cheddar,  
Cranberry, Olive Garlic

50¢

Hot Sauce

\$1

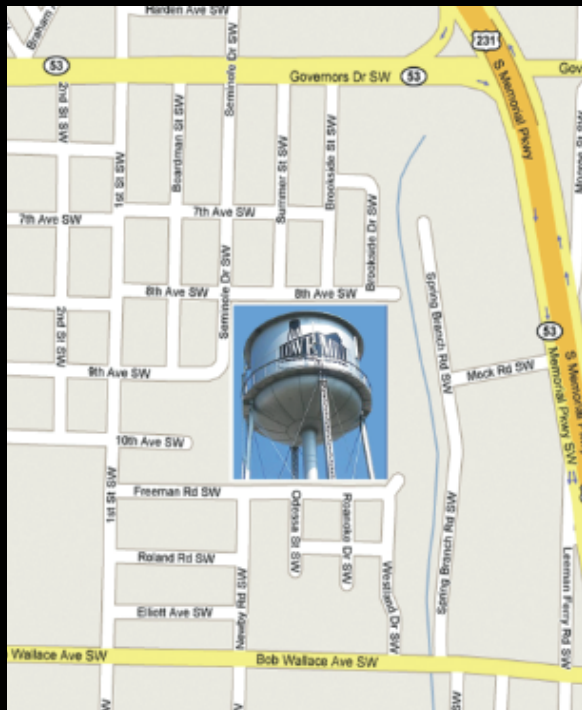
Chips  
Kim Chi Slawter  
White BBQ Slaw  
Big Ol' Dill Pickle

\$3

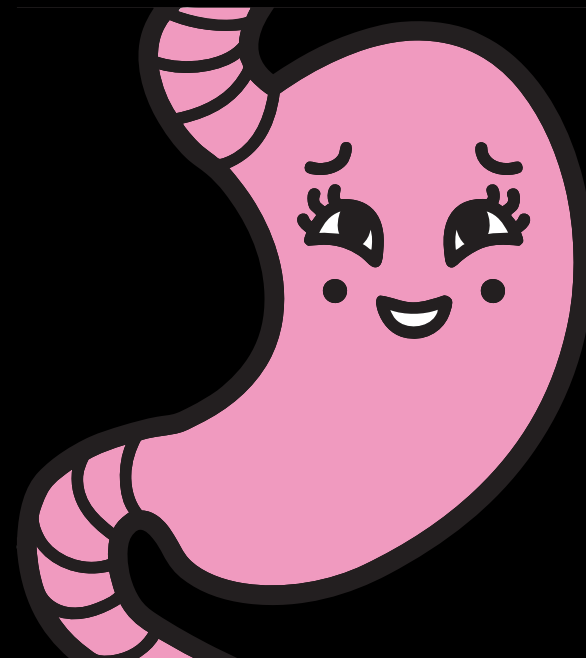
Spinach Dip & Pita Chips\*  
Mexi-Greek Dip & Pita Chips\*  
Jalapeno Cream Cheese & Pita Chips\*  
Spicy Strawberry Cream Cheese & Pita Chips\*

\*Gluten-Free Crackers Available on Request

Join our email list to receive  
our weekly specials & updates



# HAPPY TUMMY



## OPTIONAL UPGRADES

50¢

Fresh Jalapenos  
Banana Peppers  
Guacamole  
Olive Relish  
Additional Toppings

Cheese  
American, Cheddar,  
Smoked Gouda, Pepper Jack,  
Provolone or Swiss

\$1

Add Turkey, Ham,  
Salami, Bacon or  
Asian-Marinated Tofu

# HAPPY TUMMY



Located on the 1st Floor  
at Historic Lowe Mill  
2211 Seminole Dr  
Huntsville AL 35805

## HOURS

Wed & Thurs: noon - 5:30 PM  
Fri: noon - 7:30 PM  
Sat: noon - 4 PM

256-348-8132

[mmmhappytummy.com](http://mmmhappytummy.com)