



SATURDAY BLUNCH

370 VIRGINIA STREET ● BUFFALO ● 14201

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Betty's is a Community Adventure by Simon Hall, Inc.

EGGS & SUCH

CHARLIE'S BREAKFAST BURRITO \$9.00

flour tortilla stuffed with scrambled eggs, black beans, onions and peppers; topped with monterey jack cheese and served with home fries, salsa and sour cream

SPAR'S BREAKFAST PLATE \$10.00

two pieces each of Spar's breakfast sausage and thick cut bacon with two eggs, home fries and toast; **not available after 12:00**

TOFU HASH \$9.00

tofu fried with caramelized onions, sweet potatoes, roasted red peppers and black beans; served with grilled pita bread (vegan) or grilled cornbread and Betty's home fries

CHILAQUILES \$9.00

a traditional hangover cure in some regions of Mexico; a casserole of eggs, corn tortillas, tomatoes, onions, jalapeño's, zucchini and corn with cheddar/jack cheese; served with fresh tomato salsa, salsa verde, sour cream and black beans

THE LUV SANDWICH \$9.00

Canadian bacon on a toasted bagel with cream cheese, red onion, sprouts and tomato; served with home fries

with smoked salmon \$10.00

SCRAMBLED MESS \$9.00

eggs scrambled with roasted vegetables and asiago cheese; served with home fries and toast; **not available after 12:00**

WE ARE GLAD YOU ARE HERE!
Please take note of and observe the following guidelines:

We may not be able to customize your order during busy times.

Please refrain from using a cell phone at your table.
If you must use your cell phone while you are here,
please move into an area away from other guests.

We reserve the right to not issue separate checks for parties of 5 or more.

We reserve the right to add 20% gratuity on the pre-tax total for parties of 6 or more.

There is a \$3.00 plate charge for split orders.

We accept Master Card and Visa only.

We will not process credit or debit purchases under \$10.00.

LUNCH & SUCH

SOUPS OF THE DAY

cup \$3.75
bowl \$4.75

CEASAR SALAD \$6.50

with grilled chicken \$10.00
with grilled shrimp or salmon \$11.00

BEET AND BUTTERNUT SQUASH SALAD \$10.00

mixed greens with roasted beets and butternut squash, pepitas and blue cheese; topped with 3-seed walnut raisin croutons and dressed with a maple balsamic vinaigrette

ROASTED PEAR SALAD \$10.00

field greens topped with pears roasted with honey and orange peel, candied pecans, marinated red onions and warm breaded goat cheese; dressed with a cranberry coriander vinaigrette

MEDITERRANEAN DIPPING PLATE \$11.00

hummus, baba ghanoush and tabbouleh garnished with kalamata olives, feta, cucumbers and tomatoes; served with pita

BLACK BEANS & RICE \$9.00

served with grilled cornbread, salsa and sour cream; topped with monterey jack cheese
add quesadilla chicken \$12.50

CHICKEN QUESADILLA \$9.00

pulled chicken in a mole sauce, onions and peppers topped with cheddar cheese; served with salsa and sour cream and a side salad

ROASTED VEGGIE YUMMWICH \$9.25

a variety of roasted vegetables with sundried tomatoes and fresh herbs; with lemon garlic mayo, asiago cheese, sprouts and tomatoes in a large flour tortilla; served with a side salad

PULLED PORK SANDWICH \$9.25

in a spicy honey chipotle barbeque sauce served on a Kaiser roll; served with a side salad

GRILLED CHICKEN SANDWICH \$9.25

grilled chicken breast topped with sautéed artichokes, spinach and feta on a Kaiser roll with roasted garlic spread; served with a side salad

GRILLED PEANUT BUTTER & BANANA \$8.75

on 3-seed walnut bread; served with fresh fruit

—●BLUNCH●—
Saturday, 9:00 - 3:30

SIDES & EXTRAS

| | | | |
|------------------------|------------|-------------------|------------|
| home fries | ... \$3.75 | salsa | ... \$.50 |
| bacon | ... \$2.50 | sour cream | ... \$.50 |
| peameal bacon | ... \$3.50 | cheese | ... \$.50 |
| Spar's link sausage | ... \$3.50 | scone | ... \$1.65 |
| Spar's thick cut bacon | ... \$3.50 | English muffin | ... \$1.65 |
| ham | ... \$3.50 | toast | ... \$1.75 |
| yogurt | ... \$3.00 | bagel | ... \$1.75 |
| fruit | ... \$5.50 | with cream cheese | ... \$2.35 |
| Betty's granola | ... \$7.00 | grilled cornbread | ... \$1.75 |
| extra egg | ... \$1.00 | gluten-free toast | ... \$2.50 |
| egg whites substitute | ... \$1.50 | as a substitute | ... \$1.75 |

BLUNCH BEVERAGES

Drinks made with your choice of either
Bouvet Brut Signature Champagne or Bortolotti Brut Prosecco

| | | | |
|--|------------|--------|-------------|
| Glass | ... \$9.00 | Bottle | ... \$38.00 |
| Mimosa (orange juice) | ... \$7.50 | | |
| Pointsettia (cranberry juice) | ... \$7.50 | | |
| Pimm's Royal Cup | ... \$8.00 | | |
| St - Germain (a French liqueur made from elderflower blossoms) | ... \$8.00 | | |

**Make your own Mimosas - a carafe of OJ and a bottle of
either champagne or prosecco** ... \$43.00

M. Chiarlo Moscato Nivole ... \$14.00

Betty's Bloodies ... \$7.00

JUICE

| | |
|-----------------|------------|
| orange juice | ... \$2.00 |
| cranberry juice | ... \$2.00 |
| V-8 juice | ... \$2.00 |

MILK

| | |
|-------------------|------------|
| whole milk and 2% | ... \$1.60 |
| chocolate | ... \$1.75 |
| soy | ... \$1.75 |

BOTTLED SODAS

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|---------------------------|------------|
| Saranac Diet Root Beer | ... \$1.75 |
| Orangina | ... \$1.60 |
| Boylan's (when available) | ... \$1.85 |
| Cane Cola | |
| Diet Cane Cola | |
| Gingerale | |
| Creamy Red Birch Beer | |

**Truvia and Agave Syrup
available on request.**

OTHER COLD DRINKS

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|---|------------|
| homemade, unsweetened ice tea (free refills) | ... \$2.15 |
| sweetened ice tea (free refills) | ... \$2.15 |
| Pellegrino (10 oz.) | ... \$1.75 |

HOT BEVERAGES

| | |
|---|------------|
| coffee, regular or decaf (free refills) | ... \$2.35 |
| regular and decaf tea | ... \$1.50 |
| assorted specialty teas | ... \$1.50 |
| hot cocoa | ... \$1.75 |
| hot cider | ... \$2.00 |

FOUNTAIN DRINKS

| | |
|-------------------------|------------|
| Johnnie Ryan Cola | ... \$2.00 |
| Johnnie Ryan Diet Cola | ... \$2.00 |
| Johnnie Ryan Loganberry | ... \$2.00 |
| Johnnie Ryan Gingerale | ... \$2.00 |
| Lemon Up | ... \$2.00 |
| Tonic | ... \$2.00 |
| Club Soda | ... \$2.00 |