



LUNCH

370 VIRGINIA STREET ● BUFFALO ● 14201

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

— ● ALL SANDWICHES ARE SERVED WITH A SMALL HOUSE SALAD. ● —

Substitute gluten-free bread - \$1.75

COLD SANDWICHES

- TUNA SALAD SANDWICH** \$9.00
albacore tuna with finely chopped red onion, celery, carrots, lemon mayo, dillweed and coriander with sprouts, tomato and lettuce on whole wheat, pita or French bread
- VEGGIE ITALIAN SUB** \$9.00
provolone cheese with red onions, cucumbers, roasted red peppers, artichoke hearts, sprouts, lettuce and tomato on French bread drizzled with balsamic vinaigrette; banana peppers on request
- SMOKED TURKEY SANDWICH** \$9.50
with jack cheese, red onions, sprouts, lettuce and tomato with cranberry relish mayo on 3-seed walnut raisin bread
- ROASTED CHICKEN SALAD SANDWICH** \$9.00
garlic roasted chicken, fresh herbs, onion, celery and carrots, with mayo, lettuce, tomato and sprouts on whole wheat, pita or French bread
- HUMMUS SANDWICH** \$9.00
chick pea hummus with shredded carrots, cucumbers, diced red onions, sprouts, lettuce and tomato on whole wheat, pita or French bread
- GINGER BAKED TOFU WRAP** \$9.00
ginger baked tofu with lettuce, tomatoes, carrots, onions, cucumbers and sprouts with miso dressing

HOT SANDWICHES

- BETTY'S BLACK BEAN BURRITO** \$9.25
large flour tortilla filled with black beans, jack cheese, lettuce, tomato, onions and black olives; served with salsa and sour cream
with quesadilla chicken \$11.75
- ROASTED VEGGIE CHICKPEA BURGER** \$9.25
Betty's own veggie burger on a whole wheat roll with lettuce, tomato, red onions and lemon garlic mayo
- ROASTED VEGGIE YUMMICH** \$9.25
roasted eggplant, zucchini, yellow squash, red and green peppers, onions, garlic, mushrooms, sundried tomatoes and fresh herbs; with lemon garlic mayo, asiago cheese, sprouts and tomatoes in a large flour tortilla
- JERK CHICKEN SANDWICH** \$9.25
grilled spicy chicken breast, grilled pineapple slice and field greens; with banana garlic mayo on a Kaiser roll
- CHARBROILED TURKEY BURGER** \$9.25
1/2 pound turkey burger with lettuce, tomato, onions and mayo on Kaiser or whole wheat roll
- JIBARITO** \$9.25
your choice of chicken or veggie burger with lettuce, tomato, onions and chipotle mayo on fried plantains; served with homemade salsa
- PULLED PORK SANDWICH** \$9.25
in a spicy honey chipotle barbeque sauce; served on a Kaiser roll
- GRILLED CHICKEN SANDWICH** \$9.25
grilled chicken breast topped with sauteed artichokes, spinach and Feta on a Kaiser roll with roasted garlic spread
- THE CUBAN** \$9.50
roasted pork loin, smoked turkey, swiss cheese and sweet pickles on a Kaiser roll with chipotle mayo
- CHICKEN QUESADILLA** \$9.00
grilled chicken, onions and peppers topped with cheddar cheese; served with salsa and sour cream

— ● SANDWICHES ● —

BEVERAGES

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 | |

OTHER COLD DRINKS

| | |
|---|------------|
| 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 |

**We also offer
wine, beer and spirits.**

Truvia and Agave Syrup are available on request.

We are happy to substitute **gluten free bread
in any dish that has bread as an ingredient
for an additional \$1.75**

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.