

Everything on this page is available 5:00 - 8:30, Tues. - Sat.
and is served with a dinner salad (except Kid's Menu items).
See bottom of previous page for salad dressing selection.

DINNER ENTRÉES

- COCONUT CRUSTED MAHI MAHI** \$19.50
with roasted taro root, charred poblano peppers, red onions and house made tasso with a grilled pineapple purée
- TUNA PICATTA** \$21.50
with hand rolled fettuccine, sundried tomatoes, roasted garlic, shiitake mushrooms, wilted baby spinach and lemon-caper butter sauce
- ORANGE-MOLASSES FLANK STEAK** \$20.50
hand-carved and grilled, served over yuca con mojo and Betty's black beans with roasted red pepper coulis and garlic chimichurri
- HICKORY GRILLED CHICKEN** \$18.50
marinated in lemon and rosemary, served with roasted garlic smashed potatoes, buttery sugar snap peas and porcini mushroom jus
- CAPRESE TART** \$15.50
lemon walnut shortbread topped with oven-dried tomatoes, fresh basil and hand pulled mozzarella with arugula & kalamata balsamic vinaigrette

BETTY'S CLASSICS

- CHICKEN POT PIE** \$14.00
a Betty's favorite; served with Grandma Tucker's cranberry sauce
- ROASTED VEGETABLE RISOTTO** \$15.00
vegetables tossed with fresh herbs and lemon juice, roasted then sautéed with risotto and topped with asiago cheese
with grilled chicken \$18.50
with grilled shrimp \$19.50
- BLACK BEANS & RICE** \$13.00
Betty's black beans with brown rice, topped with Monterey Jack; served with salsa, sour cream and grilled corn bread
with quesadilla chicken \$16.50
- VEGETARIAN SHEPHERD'S PIE** \$15.00
an assortment of roasted veggies, lentils, potatoes and peas topped with a mashed potato and goat cheese crust
- BETTY'S HOMESTYLE MEATLOAF** \$15.00
classic meatloaf topped with pan gravy; served with smashed potatoes and vegetable of the day

KIDS' MENU

- P B & J \$4.50
GRILLED CHEESE SANDWICH \$5.00
MAC & CHEESE \$6.50
PASTA WITH BUTTER \$6.50



370 VIRGINIA STREET • BUFFALO • 14201
PHONE • 362-0633
www.bettysbuffalo.com
www.facebook.com/bettysbuffalo

—● TAKE OUT MENU ●—

Ask about our daily specials!

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|--------------------------------|------------|----------------------------|------------|
| JUICE | | MILK | |
| orange juice | ... \$2.15 | whole milk and 2% | ... \$1.60 |
| cranberry juice | ... \$2.15 | chocolate | ... \$1.75 |
| V-8 juice | ... \$2.15 | soy | ... \$1.75 |
| OTHER COLD DRINKS | | HOT DRINKS | |
| home made, unsweetened ice tea | ... \$1.85 | coffee, regular or decaf | ... \$1.65 |
| Pellegrino | ... \$1.75 | regular and decaf tea | ... \$1.65 |
| Boylan's Creamy Red Birch Beer | ... \$2.00 | assorted specialty teas | ... \$1.65 |
| Boylan's Gingerale | ... \$2.00 | hot chocolate (seasonal) | ... \$1.75 |
| Boylan's Cola | ... \$2.00 | hot apple cider (seasonal) | ... \$2.10 |
| Boylan's Diet Cola | ... \$2.00 | | |
| Saranac Diet Root Beer | ... \$1.75 | DESSERTS | |
| Orangina | ... \$1.60 | apple pie | ... \$5.00 |
| home made lemonade (seasonal) | ... \$2.85 | with vanilla ice cream | ... \$5.75 |
| iced coffee (seasonal) | ... \$1.85 | coconut cream pie | ... \$5.00 |
| fountain sodas | ... \$2.00 | key lime pie | ... \$5.00 |
| sweetened ice tea | ... \$1.85 | wacky cake | ... \$5.00 |
| unsweetened ice tea | ... \$1.85 | with vanilla ice cream | ... \$5.75 |
| BAKERY | | bread pudding | ... \$5.25 |
| scone | ... \$1.65 | made with fruit & nuts | |
| bagel | ... \$1.75 | | |
| with cream cheese | ... \$2.35 | | |
| English muffin | ... \$1.65 | | |
| toasted homemade bread | ... \$1.75 | | |

We do not offer take out on Saturday (except dinner) or Sunday.
We reserve the right at all other times to decline take out orders
if we are exceptionally busy with eat in diners.

Everything on this page is available
11:30 - 3:00 Tuesday - Friday
and from 5:00 until close on Saturday, except as noted

APPETIZERS AND SMALL PLATES

LENTIL SALAD DIPPING PLATE served with walnut encrusted goat cheese and crostini with a garlic herb dipping oil \$9.85
CHICKEN QUESADILLA grilled chicken, onions and peppers topped with cheddar cheese; served with salsa and sour cream \$8.85
SPINACH POTATO PANCAKES with home made applesauce, sour cream and bacon w/o bacon \$7.10 \$9.35
MEDITERRANEAN DIPPING PLATE hummus, baba ghanoush and tabbouleh garnished with kalamata olives, feta, cucumbers and tomatoes; served with pita \$11.50

SOUPS AND SALADS

SOUPS OF THE DAY CUP ...\$3.75 BOWL ...\$4.75 QUART ... \$10.25

HOMEMADE SALAD DRESSINGS

balsamic vinaigrette, creamy lemon garlic herb, miso, tahini yogurt or buttermilk ranch - add crumbly bleu cheese (+.50)

HOUSE SALAD mixed greens topped with marinated red onions, carrots, cucumbers, radishes, tomatoes, sprouts and sunflower seeds add a scoop of one of the following: \$6.60
cottage cheese and fresh fruit	... \$9.60
roasted chicken salad	... \$9.60
albacore tuna salad	... \$9.60
roasted vegetables and asiago cheese	... \$9.60
grilled chicken breast	.. \$10.10
grilled salmon	.. \$11.35

CALIFORNIA SALAD mixed greens topped with artichoke hearts, roasted red peppers, tomatoes, red onion, cucumbers, radishes, carrots, kalamata olives, sprouts and Feta \$10.35
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GRILLED PORK TENDERLOIN SALAD tenderloin grilled with onions, green peppers and sweet potatoes; served over mixed greens with black beans and salsa; drizzled with balsamic vinaigrette \$11.85
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CAESAR SALAD with grilled chicken \$10.35 with grilled shrimp or salmon \$11.35 \$6.85
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FEATURED SALADS

SUMMER SALMON SALAD grilled salmon filet over field greens with pepitas, avocado, pineapple salsa and a lime cilantro vinaigrette \$12.35
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SMOKED TROUT SALAD field greens topped with smoked trout, marinated red onions, cucumbers, carrots, and tomatoes; served with a creamy horseradish caper dressing \$12.50
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CHOPPED VEGETABLE SALAD chopped fennel, red onion, cherry tomatoes, radishes and green beans tossed with grapefruit and capers over field greens with a citrus vinaigrette \$11.85
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All sandwiches are available 11:30 - 3:00, Tuesday - Friday.
You may also order the hot sandwiches marked with an * during dinner service

COLD SANDWICHES

TUNA SALAD SANDWICH albacore tuna with finely chopped red onion, celery, carrots, lemon mayo, artichoke hearts, sprouts, lettuce, and tomato on French bread, pita or French bread \$9.10
VEGGIE ITALIAN SUB 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 \$9.10
SMOKED TURKEY SANDWICH with jack cheese, red onions, sprouts, lettuce, and tomato; with cranberry relish mayo on 3-seed walnut raisin bread \$9.85
ROASTED CHICKEN SALAD SANDWICH garlic roasted chicken, fresh herbs, onion, celery and carrots, with mayo, lettuce, tomato, and sprouts on whole wheat, pita or French bread \$9.10
HUMMUS SANDWICH chick pea hummus with shredded carrots, zucchini, diced red onions, sprouts, lettuce and tomato on whole wheat, pita or French bread \$9.10
GINGER BAKED TOFU WRAP ginger baked tofu with lettuce, tomatoes, carrots, onions, cucumbers and sprouts with miso dressing \$9.10

HOT SANDWICHES

BETTY'S BLACK BEAN BURRITO* large flour tortilla filled with black beans, jack cheese, lettuce, tomato, onions and black olives; served with salsa and sour cream with quesadilla chicken \$12.10 \$9.60
ROASTED VEGGIE YUMMWICH* 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 \$9.60
PULLED PORK SANDWICH* in a spicy honey chipotle barbeque sauce on a Kaiser roll \$9.60
CHARBROILED TURKEY BURGER 1/2 pound turkey burger with lettuce, tomato, onions and mayo on Kaiser or whole wheat roll \$9.60
ROASTED VEGGIE CHICKPEA BURGER Betty's own veggie burger on whole wheat roll with lettuce, tomato, red onions and lemon garlic mayo \$9.60
JERK CHICKEN SANDWICH grilled spicy chicken breast, grilled pineapple slice and field greens; with banana garlic mayo \$9.60
JIBARITO your choice of chicken or veggie burger with lettuce, tomato, onions, and chipotle mayo on fried plantains; served with homemade salsa \$9.60
GRILLED CHICKEN SANDWICH grilled chicken breast topped with sautéed artichokes, spinach and feta on a kaiser roll with roasted garlic spread \$9.60
THE CUBAN roasted pork loin, smoked turkey, Swiss cheese and sweet pickles on a Kaiser roll with chipotle mayo \$9.85

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

Homemade salad dressings include:
balsamic vinaigrette, creamy lemon garlic herb, miso, tahini yogurt and buttermilk ranch.
Add crumbly bleu cheese for an additional \$.50
Extra dressing - \$.50