



TAKE OUT MENU

Call 716.362.0633 to place your order

- Pick up at 370 Virginia Street, Buffalo •

BREAKFAST

- Tuesday - Friday 8am thru 3pm •

Cheese Grits 4
Not your traditional grits - baked with cheddar cheese and cut into squares

Yogurt & Fruit Bowl 7
Greek yogurt topped with fresh fruit, toasted almonds and a drizzle of honey

Broiled Grapefruit 4 ♡
Grapefruit halves topped with brown sugar and broiled until caramelized

Classic Breakfast 7
Two eggs any style with home fries & choice of toast

Breakfast Sandwich 9
Scrambled egg with cheese & tomato on toasted kaiser roll served with home fries

Breakfast Burrito 10
Scrambled eggs, black beans, onions & bell peppers inside a white or wheat tortilla topped with cheese served with sour cream, salsa & home fries

The Luv Sandwich 10
Canadian bacon on a toasted bagel with cream cheese, pickled red onion, sprouts and tomato served with home fries • Substitute lox +3 •

Carnitas Con Huevos 11 GF
Corn tortillas topped with slow-roasted pulled pork with salsa verde, yellow rice and two eggs any style

Biscuits & Gravy 13
House-made buttermilk biscuit topped with chorizo sausage gravy and two eggs served with home fries

Scrambled Tofu Hash 10 VEG
Tofu sautéed with caramelized onions, sweet potatoes, black beans and roasted red peppers served with grilled cornbread • Substitute pita at no cost ♡ •

Veggie Hash 10 VEG
Roasted eggplant, zucchini, yellow squash, bell peppers, spinach, onions, mushrooms, served with eggs, home fries & choice of toast
• Substitute tofu at no cost ♡ •

Smoked Turkey Hash 11
House-smoked turkey sautéed with sweet and white potatoes, corn, onion, poblano and bell peppers topped with eggs any style & choice of toast

Shrimp & Grits 14
Cajun grilled shrimp over cheesy grits topped with jalapeños served with two eggs any style & choice of toast

LUNCH

- Tuesday - Friday 8am thru 3pm •

The Big Salad 5/10 ♡ GF
Field greens topped with pickled red onions, carrots, cucumber, radishes, tomatoes, sprouts, sunflower seeds & choice of dressing

Classic Caesar 6/11
Chopped romaine topped with parmesan cheese, croutons & house-made, egg-free caesar dressing
• Substitute gluten free croutons +3 •

Grilled Salmon 14 GF
Field greens topped with grilled salmon filet, avocado, tomatoes, carrots, roasted pepitas & creamy lemon garlic dressing

Roasted Butternut Beet 13 VEG GF
Field greens topped with roasted butternut squash, braised beets, toasted walnuts, goat cheese & maple balsamic dressing

Grilled Pork Tenderloin 14 GF
Field greens topped with pork tenderloin, grilled onions, roasted red peppers, sweet potatoes, black beans, salsa, sour cream & balsamic vinaigrette

House Ricotta 11 ♡
House tofu ricotta topped with black salt and balsamic reduction served with toasted garlic points
• Available with gluten free crostini +3 •

Mediterranean Plate 13 VEG
Hummus, baba ghanoush, quinoa tabbouleh, kalamata olives, feta, cucumbers & tomatoes served with toasted pita
• Available with betta feta +2 ♡ •

Black Beans & Rice 13 VEG GF
Brown rice topped with black beans and jack-cheddar served with fresh salsa, sour cream & grilled cornbread

- Certain items can be made vegan or gluten-free upon request. Please, advise of any dietary restrictions. •

LUNCH

• Tuesday - Friday 8am thru 3pm •

Black Bean Quesadilla 11 ^{VEG}
Signature stewed black beans, roasted sweet potato and yellow rice

Molé Chicken Quesadilla 12
Shredded molé chicken, caramelized onions and bell peppers

Carnitas Quesadilla 12
Slow roasted pulled pork, chipotle-agave bbq sauce, caramelized onions and bell peppers

The Bubba Burger 14
An 8oz beef burger, grilled to order, on toasted kaiser roll with cheddar, lettuce, tomato and onion • Add bacon+2 •

The Beyond Belief Burger 13 [♥]
Beyond Meat "beef" burger on a pretzel bun topped with vegan provolone, lettuce, tomato, onion and house vegan mayo

Grilled Cheese 8
Cheddar cheese and sliced tomato on grilled rye bread
• Add ham or house-smoked turkey +4 •

The Cuban 12
Roasted pork loin, house-smoked turkey, swiss cheese, sweet pickles and chipotle mayo on grilled French bread

Roasted Chicken Salad 11
Garlic roasted chicken, onion, celery, carrots and fresh herbs topped with lettuce, tomato and sprouts on choice of bread

Harvest Chicken 13
Grilled chicken breast topped with caramelized onions, local apples, fontina cheese and roasted garlic spread on a toasted kaiser bun

The Jazzy 12
House smoked turkey, avocado, swiss cheese, lettuce, tomato and wasabi aioli on toasted french bread

"Beef" on Weck 13 [♥]
A vegan version of a Buffalo classic - house-made, thinly sliced seitan "beef" on a kimmelweck roll topped with horseradish aioli

Tofu Peanut Wrap 12 [♥]
Roasted tofu, pickled red onion, coleslaw, sprouts and spicy thai peanut sauce on choice of tortilla

Chickpea Toona Sandwich 10 [♥]
Chickpeas, celery, carrots, onion, house vegan mayo, lettuce, pickled red onions and tomato inside choice of bread or tortilla

Veggie Yumwich 12 ^{VEG}
Roasted eggplant, zucchini, yellow squash, bell peppers, spinach, onions, mushrooms, asiago, sprouts, tomatoes and lemon-garlic mayo wrapped in choice of tortilla

DINNER

• Tuesday - Saturday 5pm thru 9pm •

Chicken Tenders 12
Antibiotic and hormone-free chicken tenders served with carrots and celery

Smoked Maple Glazed Salmon 25 ^{GF}
Grilled salmon, roasted carrots, parsnips, apples, swiss chard with a smoked-maple glaze

Angus Sirloin Strip 26 ^{GF}
Grilled to order with purple potatoes, grilled asparagus, black garlic butter and a cabernet reduction

Homestyle Meatloaf 17
Ground beef, peppers, celery, carrots, onions topped with a pan gravy and served with vegetable du jour

The Vegan Tour of Buffalo 15 [♥]
A vegan version of a local favorites - a house-made seitan "beef" on weck, buffalo chick'n wyngs and vegan bleu cheeze served with celery & carrots

Free-Range Chicken Milanese 21
Panko crusted chicken breast, parmesan reggiano, field greens, tomato, cucumber, pickled red onion with a lemon & balsamic glaze

Loaded Vegetable Pot Pie 15 [♥]
Bell peppers, onions, carrots, parsnips, celery, leeks, peas, grilled vegetables in a puff pastry with a vegan chik'n veloute • Add grilled chicken +5 •

Our mediterranean plate, house tofucotta, black beans & rice, quesadillas, and all lunch salads are available for take out during dinner service

Due to a high volume of customers, we are unable to provide take-out during the weekend for brunch service.

Thank you for your patronage.

Love,
Betty's

#GoodFoodJustForYou