

# breakfast menu



## betty's breakfast specialties

### carnitas con huevos

**gf** **df**

two corn tortillas topped with our signature slow roasted pulled pork with salsa verde, yellow rice and two eggs any style 10.50

### biscuits & gravy

one warm buttermilk biscuit split and topped with chorizo sausage gravy - served with two over easy eggs and home fries 12.00

### shrimp & grits

**gf**

five cajun grilled shrimp served over cheesy hominy grits topped with diced jalapeños - served with two eggs any style and toast 13.00

**see toast choices in build a breakfast box on next page**



## cocktails anyone?

bloody mary 8.00

mimosa - cava/orange juice 8.00

bellini - cava/puréed peaches/cherry liqueur 10.00

pointsettia - cava/cranberry juice/triple sec 8.00

st-germain kir royale - cava/st-germain/cassis 9.00

strawberry mint sparkler - strawberries/lime juice/  
mint leaves/vodka/club soda 9.00

campari and orange - orange juice/simple syrup/  
campari/club soda 7.75

rosy gimlet - dry rosé/gin/lime served up 9.00

### scrambled tofu hash

**v** **v+** **gf** **df**

tofu sautéed with caramelized onions, sweet potatoes, roasted red peppers and black beans - served with grilled cornbread or pita 10.00

### smoked turkey hash

**gf** **df**

house smoked turkey sautéed with sweet and white potatoes, corn, onion, poblano and bell peppers topped with two eggs cooked to order and served with toast 10.50

### veggie hash

**v** **v+** **gf** **df**

roasted eggplant, zucchini, yellow squash, red and green peppers, spinach, onions, garlic, mushrooms and sun-dried tomatoes sautéed with potatoes and fresh herbs topped with two eggs cooked to order - served with toast 10.00

## menu key

**tell your server if you want your food to be prepared with any of these restrictions**

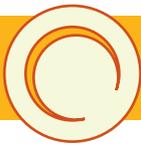
**v** vegetarian  
or can be made to be

**gf** gluten free  
or can be made to be

**v+** vegan  
or can be made to be

**df** dairy free  
or can be made to be

**substitute gluten free bread or wrap + 2.50  
other additional charges may apply**



## eggs & such

### quiche of the day

**v**

served with fresh fruit 10.25

### today's omelettes

**v**

**gf**

**df**

served with your choice of side and toast 10.00

### classic breakfast

base price 6.25

**v**

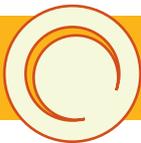
**v+**

**gf**

**df**

your choice of either two eggs cooked to order, scrambled egg whites (+ 2.00) or roasted tofu cubes (+2.00) - comes with one breakfast side and toast

see build a breakfast below



## build a breakfast

### choose your side

home fries  
sliced tomatoes  
grits +1.50  
fresh fruit +1.50  
black beans +1.50

### add a side of meat

bacon 3.00  
ham 3.00  
sausage 4.00  
canadian bacon 4.00  
seitan sausage 4.50

### choose your toast

toasted english muffin/whole wheat toast  
italian toast/grilled pita/rye toast  
3 seed nut & raisin toast +.75  
gluten free grilled cornbread +.75  
toasted bagel +1.00  
gluten free toast +2.50  
gluten free wrap +2.50



## breakfast in your hand

### charlie's breakfast burrito

**v**

**gf**

**df**

a large white or wheat flour tortilla stuffed with scrambled eggs, black beans, onions and peppers topped with cheese - served with one breakfast side, salsa and sour cream 9.50

add bacon +1.50

add ham, canadian bacon, sausage +2.00

add seitan sausage +2.50

### breakfast sandwich

**v**

**gf**

**df**

scrambled egg with cheese and tomato on a toasted kaiser roll - served with one breakfast side 9.00

add bacon +1.50

add ham, canadian bacon, sausage +2.00

seitan sausage +2.50

### the luv sandwich

**gf**

**df**

canadian bacon (or lox +3.00) on a toasted bagel with cream cheese, marinated red onion, sprouts and tomato - served with one breakfast side 9.50

see build a breakfast for breakfast side choices



## waffles

### waffles

served with butter and real maple syrup

**v**

full order - two waffles 10.00

half order - one waffle 5.00

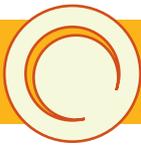
add caramelized bananas 2.00

or

seasonal fruit compote 2.00

add fresh whipped cream .75

extra maple syrup 1.25



## fruit, cereal and yogurt

### granola



our toasty home made granola topped with sliced seasonal fresh fruit and honey - served with your choice of nys greek yogurt, milk or soy milk 7.25

### cheese grits



not your traditional grits. these are baked with cheese and cut into firm squares. 4.00  
add an egg cooked your way 5.25

### yogurt & fruit bowl



nys greek yogurt topped with fresh fruit and toasted almonds with a drizzle of honey 7.25

### mary's broiled grapefruit



grapefruit halves topped with brown sugar and broiled until caramelized 3.25



## toast and bakery sides

whole wheat toast 2.00  
italian toast 2.00  
rye toast 2.00  
three seed, nut & raisin toast 2.00  
toasted english muffin 2.00  
toasted bagel 2.00 with cream cheese 2.50  
gluten free toast 3.50  
buttermilk biscuit 2.00  
grilled cornbread 2.25  
grilled pita 2.25  
fresh baked scone 2.00



## other sides & extras

home fries 4.25      ham 3.00  
grits 4.00      sausage 4.00  
fresh fruit cup 4.50      bacon 3.00  
black beans 4.50      canadian bacon 4.00  
yogurt 3.50      seitan sausage 4.50  
egg 1.25      lox 6.00  
sub egg whites 2.00      grilled shrimp 5.50

### extras or sides of any of the following

salsa, sour cream or cheese .50  
real maple syrup 1.25

## a little history of our building



We know that many of you have fond memories of our building from your youth. We love to hear these stories and encourage you to share them with us.

Many of our guests are interested in knowing about the history of our building, and we enjoy sharing what we know about it with you.

Records have been kept for this parcel since 1816. It originally included the lot just to the west on Cottage Street. We know that by 1874 the front portion had been built, but records are not available to indicate the exact year of its construction. The first phase included the portion of the building that now includes the dining room, the rest rooms and the hallway to the door leading into the kitchen. The rear portion of the building, where our kitchen is located, appears to have been built shortly thereafter, and the wedge-shaped addition on the Virginia Street side, where you entered, was completed by at least 1929.

A review of Polk's City of Buffalo Directory reveals some of the businesses that occupied this building in ten year increments. Keep in mind that there were three storefronts and that the building has been subdivided internally in many different configurations over the years.

1929	Marinaccino Saverio Shoe Repair	1980	Jim's Delicatessan
1929	Hill Lemon Juice Company	1980	Nagi's Deli
1940	Alenius Gunnar, Furniture Repair	1987-1990	Vacant
1940	Mrs. Addla Thomas, Grocer	1990's	West Side Comm. Dev. Ctr. Apartments
1950-1970	Lomascola Hardware		Sherwood Florist
1960	Sam's Delicatessan		Betty's
1970	Norm's Superette	2004	

# lunch menu



## soup & salad

**daily soups** cup 4.25/bowl 5.25

**house made salad dressings** **gf**

balsamic vinaigrette tahini yogurt  
miso creamy lemon garlic  
buttermilk ranch add bleu cheese +.50  
extra dressing +.50

**add any of the following to a salad**

cottage cheese and fresh fruit +4.50  
hummus +4.00  
roasted tofu +3.50  
roasted vegetables and asiago +4.00  
albacore tuna salad +4.00  
roasted chicken salad +4.00  
grilled chicken breast +4.25  
grilled salmon or shrimp +5.50

**betty's big salad**

**v v+ gf df**

field greens with marinated red onions, carrots, cukes, radishes, tomatoes, sprouts and sunflower seeds 7.50

**caesar salad**

**gf**

it's all about the dressing. ours is pretty special and it's eggless 9.00 (+2.50 with gf croutons)

**grilled salmon salad**

**gf df**

field greens topped with a 4 oz. grilled salmon filet, avocado, tomatoes, carrots and roasted pepitas with asian inspired green onion/jalapeño vinaigrette on the side 14.00

**thai noodle salad**

**v v+ gf df**

rice noodles tossed with a ginger lime vinaigrette over mixed greens with carrot, radish, cucumber, a scallion/cilantro/mint/basil chiffonade and toasted peanuts 13.00

**southwestern pork tenderloin salad**

**gf df**

pork tenderloin grilled with onions, roasted red peppers and sweet potatoes over mixed greens with black beans, balsamic vinaigrette, salsa and sour cream 13.50



## wine for lunch?

**cinquante cinq viognier** 8.50/34.00  
a crisp, full bodied white from southern france; if you like chardonnay, you'll like viognier

**joseph cattin gewurtztraminer** 9.00/35.00

**dante pinot noir** 8.25/32.00

**anne pichot dry rosé** 7.75/31.00

**cavichioli nv robanera abbocc** 8.50/34.00  
a dry red sparkling lambrusco from italy

**cantina di sorbara l'onesta** 8.50/34.00  
a dry rosé sparkling lambrusco from italy

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other additional charges may apply



## sandwiches

includes one side as listed in green box

### tuna salad

gf df

albacore tuna, chopped red onion, celery, carrots and herbs with lemon mayo on toasted whole wheat, pita or french with lettuce, tomato and sprouts 10.75

### roasted chicken salad

gf df

garlic roasted chicken, fresh herbs, onion, celery and carrots on toasted whole wheat, pita or french with lettuce, tomato and sprouts 10.75

### tofu peanut wrap

v v+ gf df

roasted tofu, marinated red onions, coleslaw with a sweet and spicy thai peanut sauce and alfalfa sprouts rolled in your choice of white flour or whole wheat flour wrap 11.00

### roasted veggie yumwich

v v+ gf df

roasted eggplant, zucchini, yellow squash, red and green peppers, spinach, onions, garlic, mushrooms, sun-dried tomatoes and fresh herbs with lemon garlic mayo, asiago, sprouts and tomatoes in a large white or whole wheat flour tortilla 11.00

### bbq'd "pulled" veggie

v v+ gf df

shredded parsnips, carrots and sweet potatoes sautéed in an asian ginger/garlic/soy bbq sauce with spicy green sriracha slaw on your choice of toasted kaiser roll, whole wheat roll or pita 11.00

### jacked up chicken

gf df

grilled chicken breast on toasted kaiser roll with lettuce, tomato, onion, mayo and pepper-jack cheese 12.00 add bacon +1.50

### the jazzy

v v+ gf df

swiss cheese, avocado, lettuce, tomato and wasabi aioli on toasted french bread - with or without house smoked turkey breast 12.00



## paninis

includes one side as listed in green box

### grilled cheese

v gf

cheddar with sliced tomato grilled on rye 9.00  
add ham or albacore tuna salad 11.00  
add smoked turkey 11.50

### cuban

gf

roasted pork loin, house smoked turkey, swiss cheese, chipotle mayo and sweet pickles grilled on french bread 12.00



## burgers

includes one side as listed in green box

### veggie burger

v v+ gf df

house made gluten free veggie burger on a toasted whole wheat roll with lettuce, tomato, marinated red onion and chipotle bbq sauce 12.00

### the betty burger

gf df

8 oz. beef burger grilled to order on a toasted kaiser roll with cheddar, lettuce, tomato and mayo 13.00 add bacon +1.50

menu items on this page indicated as **gf** require the substitution of gf bread or wrap. there is an upcharge of 2.50 for this.

### select a side to go with your sandwich, panini, burger or quesadilla

cup of soup

side salad

potato salad

bowl of soup +1.25

side caesar +1.75

fruit +1.75



## small plates

### baked brie



with hot pepper jelly, seasonal fruit and crostini  
12.00 (with gf crostini +2.50)

### mediterranean dipping plate



hummus, baba ghanoush and quinoa tabbouleh  
garnished with kalamata olives, feta cheese,  
cucumbers and tomatoes - served with pita 13.00  
(with gf crostini +2.50)

### black beans & rice



brown rice topped with betty's black beans and  
jack/cheddar cheese served with fresh salsa, sour  
cream and grilled cornbread 10.50  
with shredded mole chicken 13.50  
(with gf bread +2.50)

### oven baked fish fingers



cornmeal crusted baked cod with coleslaw and  
chipotle mayo for dipping - served with chips 9.25



## quesadillas



includes one side as listed on previous page

### your choice of tortilla

white flour, whole wheat flour (or gluten free +2.50)  
served with salsa and sour cream

### black bean

black beans, roasted sweet potato, yellow rice and  
jack/cheddar cheese 10.50

### chicken

shredded mole chicken, caramelized onions and  
peppers and jack/cheddar cheese 12.00

### carnitas

slow roasted pulled pork with chipotle honey bbq  
sauce, caramelized onions and sweet peppers and  
jack/cheddar cheese 12.00



## sides & extras

fresh fruit cup 4.50	cottage cheese 3.50
black beans 4.50	home fries 4.25
bread & butter 2.00	grilled cornbread 2.25
grilled pita 2.25	gluten free bread 3.50
small caesar 6.50	dinner salad 5.25
extra or a side of any of the following: .50	
sour cream, salsa, cheese or salad dressing	

## soft beverages

### juice

orange juice	2.65
cranberry juice	2.65
grapefruit juice	2.65
V-8 juice	2.65

### milk

whole milk	2.45
2% milk	2.45
chocolate milk	2.65
soy milk	2.65

### hot beverages

coffee, regular or decaf with free refills	2.50
regular and decaf tea	2.25
assorted stash specialty teas	2.65
hot cocoa	2.50

### johnnie ryan fountain sodas 2.65

with free refills  
cola diet root beer cream soda loganberry  
diet cola birch beer orange lemon up gingerale

### other cold beverages

iced tea with free refills	2.65
unsweetened and sweetened flavor of the day (seasonal)	
lemonade (home made - seasonal)	2.85
apple cider (hot or cold)	2.45
asarasi sparkling water -12 oz bottle	2.25
orangina - 8 oz bottle	2.75
carroll's cooler	3.65
fresh squeezed citrus/tonic/grenadine/sour mix	
virgin mary	5.25