

# blunch menu



## eggs & such

### the luv sandwich 9.25

gf df

canadian peameal bacon on a toasted bagel with cream cheese, marinated red onion, sprouts and tomato-served with betty's home fries

with smoked salmon 11.00

### charlie's breakfast burrito 9.25

v gf df

a large white or wheat flour tortilla stuffed with scrambled eggs, black beans, onions and peppers topped with jack/cheddar cheese and served with betty's home fries, salsa and sour cream

add bacon +1.00 add ham, peameal bacon or sausage +1.50

### scrambled tofu hash 9.25

v v+ gf df

tofu sautéed with caramelized onions, sweet potatoes, roasted red peppers and black beans-served with grilled pita or grilled corn bread and betty's home fries

### meat lover's breakfast 10.50

df

two links of breakfast sausage and three strips of bacon with two eggs, home fries and toast

not available after 12:00

### chilaquiles 10.00

v gf

a traditional hangover cure in some regions of mexico-a casserole of eggs, corn tortillas, tomatoes, onions, corn, jalapeños and zucchini with jack/cheddar cheese-served with fresh salsa verde, sour cream and black beans

### scrambled mess 9.50

v gf

eggs scrambled with a medley of roasted vegetables and asiago cheese-served with home fries and toast

not available after 12:00

### shrimp & grits 12.00

gf

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



## sides & extras

- applesauce 3.50
- fresh fruit cup 4.00
- side salad 5.00
- side caesar 6.00
- yogurt 3.00
- home fries 3.75
- egg 1.25
- egg whites substitute 1.25
- bacon 2.75
- peameal bacon 3.75
- link sausage 3.75
- ham 3.75
- scone 1.85
- bread & butter 1.75
- gluten free bread & butter 2.50
- english muffin 1.65
- toast 1.75
- bagel 1.75 with cream cheese 2.35
- grilled cornbread 1.75
- gluten free toast 2.50
- extra or a side of any of the following: .50
  - sour cream
  - salsa
  - cheese (goat cheese is 1.00)
  - salad dressing
- extra or a side of maple syrup 1.50
- split plate charge 3.00

## blunch elixirs

### sparkling cocktails featuring dibon cava brut reserve

mimosa 7.75

make your own mimosas 48.00

a bottle of cava, a carafe of oj, however many glasses you want and you're on your own

pointsettia 7.75

bellini 8.50

pimm's royal cup 8.00

pimm's cup # 1 originated in the 1880's and is a concoction of gin and quinine with a variety of herbs. in this refreshing cocktail it is mixed with cava to create a refreshing, crisp and light daytime cocktail.

st.-germaine and cava 8.00

this elderflower liquor gives the cava a hint of floral. it's a very easy and sophisticated way to add a kick to your sparkling white wine beverage

betty's bloodies 7.50

m. chiaro moscato nivole (375 ml bottle) 15.00

piper heidsieck brut cuvée champagne 375 ml bottle 23.00

cavicchioli nv robanera abbocc (dry sparkling red) 7.50 glass/27.00 bottle

cantina di sorbara, l'onesta (dry sparkling rosé) 7.50 glass/27.00 bottle



## menu key

- 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 + 2.00  
other additional charges may apply



## soups & salads

### daily soups

cup 4.00 bowl 5.00

### salad dressings

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

### add any of the following to the salads marked with +

roasted vegetables and asiago +3.50  
grilled chicken breast +4.00  
grilled salmon or shrimp +5.00  
cottage cheese and fruit +3.50  
albacore tuna salad +3.50  
roasted chicken salad +3.50

### caesar salad + 8.25

gf

### beet salad + 11.00

v v+ gf df

roasted beets, orange segments, crumbled bleu cheese and toasted walnuts served over field greens with a side of maple balsamic vinaigrette

### grilled salmon salad 14.00

gf df

mixed field greens topped with a 4 oz. grilled salmon filet, roasted pepitas, avocado, carrots, tomatoes and roasted corn relish with a side of green onion-ginger vinaigrette

### caprese salad + 12.00

v df

sliced tomatoes with fresh mozzarells, red onion and basil over arugula with a balsamic syrup

### grilled stone fruit salad + 11.00

v v+ gf df

arugula/field green mix topped with quinoa, grilled seasonal stone fruit (either peach, nectarine, plum or apricot) and shaved parmesan with a vanilla balsamic vinaigrette



## sandwiches served with a side salad- except as noted

### grilled chicken sandwich 10.00

gf df

grilled chicken breast topped with sautéed artichokes, spinach and feta on a toasted kaiser roll with roasted garlic spread

### roasted veggie yumwich 10.00

v v+ gf df

roasted eggplant, zucchini, yellow squash, red and green peppers, 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

### chicken quesadilla 10.00

gf

a white or whole wheat flour tortilla with chicken, onions and peppers topped with jack/cheddar cheese-served with fresh salsa and sour cream

### pulled pork sandwich 10.00

gf df

pulled, slow roasted pork shoulder in a spicy honey chipotle barbecue sauce on a kaiser roll

### grilled peanut butter & banana 8.50

v

on three seed walnut bread-served with fresh fruit-no salad



## small plates

### mediterranean dipping plate 12.00

v v+ gf df

hummus, baba gahnoush and quinoa tabbouleh garnished with kalamata olives, feta cheese, cucumbers and tomatoes-served with pita

### black beans & rice 9.50

v v+ gf df

brown rice topped with betty's black beans and jack/cheddar cheese served with fresh salsa, sour cream and grilled corn bread

with shredded mole chicken 13.00



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.
1950-1970	Lomascola Hardware		Apartments
1960	Sam's Delicatessan		Sherwood Florist
1970	Norm's Superette	2004	Betty's

## soft beverages

### juice

orange juice	2.00
cranberry juice	2.00
grapefruit juice	2.00
V-8 juice	2.00
virgin mary	4.50

### milk

whole milk	1.60
2% milk	1.60
chocolate milk	1.75
soy milk	1.75

### hot beverages

coffee, regular or decaf with free refills	2.35
regular and decaf tea	1.50
assorted stash specialty teas	1.75

### johnnie ryan fountain sodas 2.00

#### with free refills

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

### other cold beverages

iced tea with free refills	2.15
unsweetened (home made)	
sweetened	
flavor of the week	
chai iced tea	2.75
iced coffee	2.00
pellegrino - 10 ounce bottle	2.00
orangina - 8 ounce bottle	2.00
carroll's cooler	3.00
fresh squeezed citrus, tonic, grenadine	
and betty's sour mix	
fresh squeezed lemonade	2.75

## featured beer & cider

### samuel smith's nut brown ale (england) 12 oz. bottle 5.50

this traditional english ale has a rich walnut color and a cream head. with hints of hazlenuts, it has a long, clean finish.

### steam punk cider 6.00 glass/18.00 bottle

from leonard oakes estate winery in medina, ny, this award-winning cider uses a mélange of traditional bitter sweet apples and new age dessert apples (fuji and braeburn). sparkling, light and crisp this medium dry cider is a geared up infusion of old world style with new world flare.

### ayinger celebrator doppelbock (germany) 12 oz. bottle 6.00

celebrator doppelbock is a rich, classic bavarian specialty lager traditionally consumed as a celebration beer. it is full-bodied and velvety from half a year's aging. despite its richness, it has a faintly smoky dryness in the finish.

### green's quest tripel ale (belgium) 16.9 oz. bottle 8.50

made from millet, sorghum, rice and buckwheat, as well as classic hop varieties, this ale is fermented with a traditional belgian yeast strain and is bottle-conditioned. it is gluten-free and suitable for both vegetarian and vegan diets.

## bottled beer

labatt's blue	3.50
labatt's blue light	3.50
labatt's blue royale	3.50
saranac pale ale	4.00
modelo especial	4.00
wolaver's india pale ale	5.00
red stripe	4.50
guinness extra stout	4.50
kronenbourg	4.50
haake beck (non-alcoholic)	4.00

## on tap

we have five selections on tap. they change often, so ask your server for today's selection.

## liqueurs, ports, sherries, etc.

fonseca porto bin # 27	8.00
taylor fladgate 10 year tawny port	7.00
viñedo de los vientos "alcyone" tannat	8.00
letherbee absinthe brun	8.00
finger lakes distilling fruit liqueurs	7.00

## wines by the glass 7.50

also available by the bottle for 27.00

### white

pinot grigio (italy - brand varies)  
domaine de bernier chardonnay (france)  
laetitia chardonnay (california)  
château la berrière muscadet sur lie (france)  
casa julia sauvignon blanc (chile)  
château nicot bordeaux blanc (france)  
niagara landings riesling (niagara county)  
glenora pinot blanc (finger lakes)  
standing stone gewürtztraminer (finger lakes)

### red

lockhart merlot (california)  
lobetia tempranillo (spain)  
château maris le carignan (france)  
excelsior cabernet sauvignon (south africa)  
tortoise creek pinot noir (france)  
quara estate malbec (argentina)  
the boatman red blend (california)

### rosé

listed from dry to sweet

château pigoudet premier rosé (france)  
ck mondavi white zinfandel (california)  
hazlitt red cat (finger lakes)

### sparkling

dibon cava brut reserve (dry white-spain)  
cavicchioli nv robanera abbocc (dry red-spain)  
cantina di sorbara, l'onesta (dry rosé-italy)

## wines by the bottle

### white

dr. frank dry riesling 2013 (finger lakes) 33  
cinquante cinq viognier 2013 (languedoc) 28  
mount eden chardonnay 2011 42  
(wolff vineyards, edna valley, california)  
steinschaden grüner veltliner 2011 (austria) 45  
domaine didier rimbault sancerre 2013 45  
(loire valley)  
maysara pinot gris 2014 (willamette valley) 35  
château moreau chablis 2013 (burgundy) 50  
bodega garzón albariño 2014 (uruguay) 33

### red

starmont cabernet sauvignon 2011 (napa valley) 45  
thomas goss mclaren vale shiraz 2012 31  
(south australia)  
ramsay petite sirah 2013 32  
(north coast, california)  
amador foothill clockspring zinfandel 2011 35  
(shenandoah valley, california)  
brooks pinot noir 2012 44  
(willamette valley, oregon)

### sparkling

half bottles

m. chiaro moscato nivole (italy) \$15  
375 ml  
piper-heidsieck brut cuvée champagne \$23  
375 ml

### house wines

**\$6.00/glass**  
**red or white**

while we do our best to keep all the wines listed in stock, there are times when that is not possible. in those instances every effort will be made to ensure a comparable substitution is offered.