

# breakfast menu



tuesday - friday, 8:00 - 3:00  
saturday, 9:00 - 3:00



## betty's breakfast specialties

### carnitas con huevos

gf df

two red 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 sausage gravy - served with two over easy eggs and home fries 10.25

### shrimp & grits

gf

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

### 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 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



## saturdays only

### chilaquiles

v gf

a casserole of eggs, corn tortillas, tomatoes, onions, corn, jalapenos and zucchini with jack/cheddar cheese - served with fresh salsa verde, sour cream and black beans 11.00

french toast casserole 10.00

v

## 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  
v+ vegan or can be made to be  
gf gluten free 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



## toast and bakery

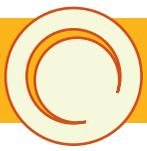
whole wheat toast 2.00  
italian toast 2.00  
rye toast 2.00  
three seed, nut & raisin toast 2.00  
toasted english muffin 2.00  
toasted bagel 2.00 with cream cheese 2.50  
gluten free toast 3.50  
buttermilk biscuit 2.00  
grilled cornbread 2.25  
grilled pita 2.25  
fresh baked scone 2.00



## sides & extras

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

extras or sides of any of the following  
salsa, sour cream or cheese .50  
real maple syrup 1.50



## eggs & such

### quiche of the day

**v**

served with fresh fruit 9.75

### today's omelettes

**v**

**gf**

**df**

served with your choice of side and toast 9.75

### classic breakfast (served until 11:00 am)

base price 5.50

**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

buttermilk biscuit  
toasted english muffin  
whole wheat toast  
3 seed, nut & raisin toast  
italian toast  
grilled cornbread  
grilled pita  
rye toast  
gluten free toast +2.50  
gluten free wrap +2.50  
toasted bagel +1.00



## waffles

### waffles

served with butter and real maple syrup

**v**

full order - two waffles 9.75

half order - one waffle 5.25

add caramelized bananas 2.00

or

seasonal fruit compote 2.00

add fresh whipped cream .75



## breakfast in your hand

### the luv sandwich

**gf**

**df**

canadian bacon (or lox +2.25) on a toasted bagel with cream cheese, marinated red onion, sprouts and tomato - served with one breakfast side 9.50

### breakfast sandwich

**v**

**gf**

**df**

scrambled egg with cheese and tomato on a toasted kaiser roll - served with one breakfast side 5.00

add bacon +1.50

add ham, canadian bacon, sausage +2.00

seitan sausage +2.25

### 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



## fruit, cereal and yogurt

### granola

**v**

**v+**

**df**

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

### cheese grits

**v**

**gf**

4.00 - add an egg on top 5.25

### yogurt & fruit bowl

**v**

**gf**

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

### mary's broiled grapefruit

**v**

**v+**

**gf**

**df**

grapefruit halves topped with brown sugar and broiled until caramelized 2.25