

dinner menu



soups, salads and small plates

add any of the following to a salad

cottage cheese and fresh fruit +4.50
 hummus +4.00
 grilled tofu +3.50
 roasted vegetables and asiago +4.00
 albacore tuna salad or 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 and ours is pretty special and it's eggless 9.00 (with gf croutons +2.50)

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

grilled salmon salad gf df

field greens topped with a 4 oz. grilled salmon filet, sliced avocado, carrots and roasted pepitas with an 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

house made salad dressings gf

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

daily soups

cup 4.25/bowl 5.25

quesadillas v gf

white flour or whole wheat flour tortilla (gluten free tortilla +2.50)

chicken

shredded mole chicken, caramelized onions and peppers and jack/cheddar cheese 10.00

black bean

black beans, roasted sweet potato, yellow rice and jack/cheddar cheese 9.00

carnitas

slow roasted pulled pork with chipotle honey bbq sauce, caramelized onions and sweet peppers and jack/cheddar cheese 10.00

baked brie v gf

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

mediterranean plate v v+ gf df

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

oven baked fish fingers gf

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



entrées - includes bread service on request
add a garden salad or cup of soup for 2.75

polenta with roasted squash

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

roasted seasonal squashes, eggplant, peppers and red onions with pan seared polenta cakes finishes with ricotta cheese and a vegetable consommé 17.00

add chicken or chorizo sausage 21.50

add grilled shrimp 22.50

suggested pairing: joseph cattin gewurtztraminer

coconut chicken

gf **df**

a caribbean classic! a half chicken marinated in coconut milk, soffrito and sazón seasonings over yellow rice and pigeon peas with a roasted corn salsa 19.00

suggested pairing: linde tempranillo

tonkatsu

pan fried breaded bone in pork chop served with shredded cabbage, broken rice, roma tomatoes and a japanese style barbecue sauce 19.00

suggested pairing: echeverria cabernet sauvignon

maple glazed salmon

gf **df**

grilled salmon steak lacquered with black pepper spiced maple syrup served over brown sugar roasted apples, carrots and parsnips with swiss chard 22.00

suggested pairing: wyndham estates shiraz

argentinian flank steak

gf **df**

flank steak grilled to order topped with a classic chimichurri sauce of cilantro, garlic, olive oil, scallions, cayenne pepper and lemon juice - served with crispy smashed potatoes with garlic and lemon zest 24.00

suggested pairing: villa atuel malbec

homestyle meatloaf

classic meatloaf topped with pan gravy - served with smashed potatoes and vegetable of the day 16.00

suggested pairing: lockhart merlot

black beans & rice

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

brown rice topped with betty's black beans and jack/cheddar cheese served with fresh salsa, sour cream and grilled cornbread 14.50

with shredded mole chicken 18.00

(with gf bread +2.50)

suggested pairing: samuel smith's nut brown ale

chicken pot pie

baked en croûte with carrot, celery, onion, mushrooms, parsnips, leeks and peas in a classic chicken velouté served with grandma tucker's cranberry sauce 16.00

suggested pairing: oak ridge chardonnay

menu key

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



vegetarian or can be made to be



gluten free or can be made to be



vegan or can be made to be



dairy free or can be made to be

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



children's menu

grilled cheese sandwich

monterey jack/cheddar cheese grilled on whole wheat or italian bread - served with fresh sliced apples 5.00 (sub gluten free bread) 7.50

peanut butter and jelly

peanut butter and raspberry jelly on whole wheat or italian bread - served with fresh sliced apples 5.00 (sub gluten free bread) 7.50

mac & cheese

an all time favorite! penne pasta with a blend of cheeses - monterey jack/cheddar, parmesan, asiago and heavy cream 7.25
(sub gluten free pasta) 9.75

pasta with butter

penne pasta with butter 7.25
(sub gluten free pasta) 9.75

fish fingers

a healthy take on fried fish fingers - ours are cod dipped in an egg wash, dusted with seasoned cornmeal and baked until crisp on the outside and tender on the inside - served with chips (gluten free) 8.00

sides & extras

bread & butter 2.00

gluten free bread and butter 3.50

grilled cornbread or pita 2.25

dinner salad 5.25

small caesar salad 6.50

fresh fruit cup 4.50

black beans 4.50

rice 4.00

daily vegetables 4.00

mashed potatoes 5.00

oven fries 6.00

extra or sides of any of the following .50

sour cream/salsa/cheese/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

a little history of our building



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.

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.

1929	Marinaccino Saverio Shoe Repair	1980	Jim's Delicatessen
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 Delicatessen		Sherwood Florist
1970	Norm's Superette	2004	Betty's

about betty's

Betty's was opened in October of 2004 as a way for the original owners to honor not only their own mothers' lives, but also to honor the role of motherhood around the world. Nearly every decision from décor, to menu, to employee selection and training is sifted through this filter. Above all, Betty's is intended to be a comfortable, caring environment that demonstrates respect for all people.

While Betty's "walks and talks" like a restaurant, and while it is of course critically important for the menu to be well rounded and for the food to be good, Betty's was envisioned to be a vehicle that would bring people together over food to commune with one another, to engage in meaningful discourse, to celebrate friendships and family, and to have experiences which result in warm, pleasant memories.

"The Big Idea" behind Betty's can be stated as follows:

- ❖ Betty's is not first and foremost about food. - It's about community and memory-making.
- ❖ Betty's is not about eating. - It's about nurturing.
- ❖ Betty's not about location. - It's about contributing to and lifting up a neighborhood.
- ❖ Betty's is not about job creation. - It's about providing satisfying and fairly compensated employment that provides personal and professional growth opportunities.
- ❖ Betty's does not define success only by financial profit and positive reviews. - Success is also measured by the degree of positive change we make in our neighborhood, in our employees and in the Buffalo region as a whole.

Secondary, but also very important values, are to offer menu options which are sensitive to a variety of dietary restrictions and preferences and to keep our spending local. Betty's prides itself in using only local vendors and locally made or grown products whenever feasible.