



370 Virginia Street • Buffalo • New York • 14201

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**#GoodFoodJustForYou**

# Dinner

## APPETIZERS

**Say Cheese!** 11 <sup>VEG</sup>  
Daily selection of cheeses, fresh mixed fruit, crackers and crostini  
• Available with gluten free crostini +3 •

**Mediterranean Plate** 14 <sup>VEG</sup>  
Hummus, baba ghanoush, quinoa tabbouleh, kalamata olives, feta, cucumbers & tomatoes served with toasted pita  
• Available with betta feta +2 ♡ •

**Buffalo Chick'n Wyngs** 13 ♡  
house-made seitan wings with celery, carrots and a side of vegan bleu cheese  
• tossed in hot saue, bbq, sweet chili or Korean bbq •

**Chicken Tenders** 12  
Antibiotic and hormone-free chicken tenders served with carrots and celery  
• tossed in hot saue, bbq, sweet chili or Korean bbq •

## QUESADILLAS

Choice of tortilla (white, whole wheat or gluten free)  
grilled & served with pico de gallo & sour cream

**Molé Chicken** 13  
Shredded molé chicken, cheddar- jack, caramelized onions and bell peppers

**Carnitas** 13  
Slow roasted pulled pork, chipotle-agave bbq sauce, cheddar-jack, caramelized onions and bell peppers

**Black Bean Quesadilla** 12 <sup>VEG</sup>  
Signature stewed black beans, roasted sweet potato, cheddar-jack and yellow rice  
• Vegan cheese & sour cream +2 • ♡

## GREENS

**The Big Salad** 7/12 ♡ <sup>GF</sup>  
Field greens topped with pickled red onions, carrots, cucumber, radishes, tomatoes, sprouts, sunflower seeds & choice of dressing

**Classic Caesar** 7/12  
Chopped romaine topped with parmesan cheese, croutons & house-made, egg-free caesar dressing  
• Substitute gluten free croutons +3 •

**Grilled Salmon** 16 <sup>GF</sup>  
Field greens topped with grilled salmon filet, avocado, tomatoes, carrots, roasted pepitas & creamy lemon garlic dressing

**Berry** 15 <sup>VEG GF</sup>  
Field greens topped with blueberries, blackberries, strawberries ,walnuts, pickled onions, feta cheese & balsamic vinaigrette

**Grilled Pork Tenderloin** 14 <sup>GF</sup>  
Field greens topped with pork tenderloin, grilled onions, roasted red peppers, sweet potatoes, black

## SALAD ADDITIONS

Avocado +4  
Betta feta +2 ♡  
Roasted tofu +3 ♡  
Hummus +4 ♡  
Roasted vegetables & asiago +4  
Chickpea toona salad +4 ♡  
Roasted chicken salad +4  
Grilled chicken breast +5  
Grilled salmon or shrimp +6

## DRESSINGS +1 for extra side

Miso ♡  
Creamy lemon garlic  
Buttermilk ranch  
Caesar  
Balsamic vinaigrette ♡

# Dinner

## MAINS

**Salmon** 25 GF  
Pan roasted, with grilled squash, quinoa tabbouleh, citrus dill butter, cucumber salad

**Spanish Tuna** 24 GF  
Pan seared tuna filet, Spanish rice with a fresh tomato salad

**Free-Range Chicken Milanese** 22  
Panko crusted chicken breast, parmesan reggiano, field greens, tomato, cucumber, pickled red onion with a balsamic glaze

**Honey Garlic Chicken** 21 GF  
half roasted chicken, honey garlic glaze with mashed potatoes & green beans

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

**The Betty Burger** 16  
beef burger, grilled to order, on a toasted kaiser roll with american, lettuce, tomato and onion  
• Add bacon+2 •  
• Impossible meat, vegan cheese & pretzel roll+2 ♡•

**Black Beans & Rice** 13 VEG  
Signature stewed black beans & brown rice topped with monterey jack cheese, salsa, sour cream served with grilled cornbread  
• Add molé chicken +2 •  
• Vegan cheese & sour cream available +2 •

**Chana Masala** 16 ♡  
spiced chickpeas stewed in onion, tomatoes, coriander, garlic, ginger and chiles with basmati rice & grilled naan  
• Add grilled chicken +5 • • Add grilled shrimp +5 •

**The Vegan Tour of Buffalo** 16 ♡  
A vegan version of a local favorites - a house-made seitan "beef" on weck, buffalo chick'n wyngs and vegan bleu cheeze served with tater tots, celery & carrots

## FOR THE KIDDOS

• Available Any Time •

**Chicken Tenders** 8  
All natural chicken tenders with fresh fruit

**Lil' Pasta** 6  
Buttered noodles with a side of fresh fruit

**Classic PB & J** 6 ♡  
Peanut butter & jelly on wheat bread with fresh fruit

## FOR FIDO

• Made without seasoning for our furry friends •

**Grilled Chicken** 9  
Grilled chicken breast & fresh veggies

**Grilled Salmon** 9  
Grilled salmon filet & fresh veggies

**Grilled Tuna** 9  
Grilled tuna filet & fresh veggies

• Advise your server of any allergies •

Our kitchen accomodates vegan, gluten free and other diets when possible



