

# takeout menu



## 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, wrap or pasta  
+ 2.50

other additional charges may apply

## hours of operation

### breakfast

tues. - fri., 8:00 - 3:00  
sat., 9:00 - 3:00

### lunch

tues. - sat., 11:00 - 3:00

### dinner

tues. - thurs., 5:00 - 8:00  
fri. and sat., 5:00 - 9:00

### sunday brunch

9:00 - 2:00

**closed on monday**  
**closed 3:00 - 5:00, tues. - sat.**

**takeout service is not available**  
**tuesday - friday, 3:00 - 5:00**  
**saturday from 9:00 - 5:00**  
**sunday all day**

menu items and prices are subject to change without notice

**Betty's**  
370 Virginia Street  
Buffalo, NY 14201  
(716) 362-0633  
[www.bettysbuffalo.com](http://www.bettysbuffalo.com)  
[www.facebook.com/bettysbuffalo](http://www.facebook.com/bettysbuffalo)

# breakfast menu

tuesday - friday, 8:00 - 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



## 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

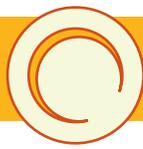


## sides & extras

home fries 4.25	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 4.50
sub egg whites 2.00	

### 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

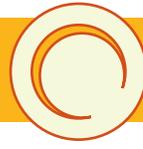
### classic breakfast (served until 11:00 am)

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**



## 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 9.00

add bacon +1.50

add ham, canadian bacon, sausage +2.00

seitan sausage +2.25

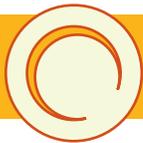
### charlie's breakfast burrito **v gf df**

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



## 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



## 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



## waffles

### waffles **v**

served with butter and real maple syrup

full order - two waffles 9.75

half order - one waffle 5.25

with caramelized bananas 2.00

with seasonal fruit compote 2.00

add fresh whipped cream .75

# lunch menu

tuesday - friday, 11:00 - 3:00



## soup & salad

**vegetarian chili** cup 4.25/bowl 5.25  
**daily soups** cup 4.25/bowl 5.25

### house made 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 a salad

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

### southwestern **gf** **df** pork tenderloin salad

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

### smoked trout salad **gf** **df**

house cured and smoked trout, pickled beets and apples over field greens and arugula with creamy horseradish dressing 14.50

### harvest salad **v** **v+** **gf** **df**

romaine, apples, pears and shaved fennel with three seed, nut & raisin croutons and maple-cider vinaigrette 12.00



## small plates

### baked brie **v**

with caramelized apple chutney, roasted garlic, balsamic syrup and crostini 10.00

### mediterranean dipping 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

### 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 10.50  
with shredded mole chicken 13.50

### korean short ribs **df**

thin cut beef short ribs with a hoisin barbecue sauce - served with pickled vegetables 14.00

### spaghetti squash **v** **v+** **gf** **df**

roasted spaghetti squash with olive oil, sage and toasted walnuts 8.00  
add pancetta 11.50



## 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 & butter 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  
extra or side of goat cheese 1.00



## 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 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 whole wheat, pita or french with lettuce, tomato and sprouts 10.75

### smoked turkey **gf** **df**

house smoked turkey breast with jack/cheddar cheese, red onion, tomato, lettuce, sprouts and cranberry relish mayo on house made three seed, nut and raisin bread 11.50

### 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

### pulled pork **gf** **df**

pulled, slow roasted pork shoulder in a spicy honey chipotle barbecue sauce topped with coleslaw on a kaiser roll 11.75

### tuscan grilled chicken **gf** **df**

grilled chicken breast on toasted kaiser roll with roasted red pepper and sun-dried tomato pesto, wilted arugula and goat cheese 11.75

### hummus **v** **v+** **gf** **df**

chick pea hummus with shredded carrots, radishes, cukes, marinated red onion, lettuce, tomato and sprouts on whole wheat, pita or french 11.00

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

**cup of soup/veggie chili/side salad/potato salad**  
**bowl of soup or chili** +1.25  
**side caesar** +1.75  
**fruit** +1.75



## 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

### grilled peanut butter and banana **v** **gf** **df**

gluten free, vegan peanut butter and bananas grilled on our three seed, nut & raisin bread 9.00

### 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, sprouts and herbed garlic mayo 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 12.00  
add bacon + 1.50

### bánh mì burger **gf**

grilled thai seasoned ground pork with fresh cilantro, carrots, pickled red onion, sliced radish and sriracha mayo on a toasted kaiser roll 12.00



## quesadillas

includes one side as listed in green box

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

### veggie

roasted vegetables and jack/cheddar cheese 10.50

### 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 barbecue sauce, caramelized onions and sweet peppers and jack/cheddar cheese 12.00

# dinner menu

tuesday - thursday, 5:00 - 8:00/friday and saturday, 5:00 - 9:00



## small plates

### quesadillas

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



**veggie** 8.25

roasted vegetables and jack/cheddar cheese

**chicken** 9.75

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

**black bean** 8.25

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

**carnitas** 9.75

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

### mediterranean dipping plate



hummus, baba ghanoush and quinoa tabbouleh garnished with kalamata olives, feta cheese, cucumbers and tomatoes - served with pita 13.00

### korean short ribs

thin cut beef short ribs with a hoisin barbecue sauce - served with pickled vegetables 14.00

### spaghetti squash

roasted spaghetti squash with olive oil, sage and toasted walnuts 8.00 add pancetta 11.50

### baked brie

with caramelized apple chutney, roasted garlic, balsamic syrup and crostini



## entrées - includes bread service on request

### south of the border salmon

agave/chipotle glazed salmon filet with root vegetable hash 22.00

### betty's bistro steak

8 oz. pan seared shoulder filet "bistro steak" with creamy au gratin potatoes, green vegetable du jour and demi glace 24.00

### greek chicken

a half roasted chicken marinated in olive oil, lemon, oregano and garlic with rice pilaf and sautéed green beans 19.00

### 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

### homestyle meatloaf

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

### baked rainbow trout

whole rainbow trout baked in an herbed salt crust with roasted corn and grape tomatoes and fresh arugula tossed in lemon and extra virgin olive oil 23.00

### mediterranean pasta

gondola's spinach fettucini with artichoke hearts, roasted red peppers, ricotta cheese, kalamata "salt" and fresh herbs 18.00

### black beans & rice

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

### tenderloin of pork en croûte

pork tenderloin with apples, shallots and fresh thyme wrapped in puff pastry - served with whipped butter-nut squash, braised red cabbage and cider jus 22.00



## soups and salads

**vegetarian chili** cup 4.25/bowl 5.25  
**daily soups** cup 4.25/bowl 5.25

### house made 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 a salad

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hummus +4.00  
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grilled salmon +5.50  
grilled shrimp +5.50

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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

### 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

### smoked trout salad

**gf** **df**

house cured and smoked trout, pickled beets and apples over field greens with creamy horseradish dressing 14.50

### harvest salad

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

romaine, apples, pears and shaved fennel with three seed, nut and raisin croutons and maple-cider vinaigrette 12.00



## 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  
extra or sides of any of the following .50  
sour cream/salsa/cheese/salad dressing .50  
extra or side of goat cheese 1.00  
split plate charge 3.00



## for little ones

**v** **gf**

**peanut butter & jelly sandwich**  
on whole wheat or italian bread 5.00

**mac & cheese** 7.25

**grilled cheese sandwich**  
on whole wheat or italian bread 5.00

**pasta with butter** 7.25

# soft beverages

## juice

orange juice	2.45
cranberry juice	2.45
grapefruit juice	2.45
V-8 juice	2.45

## milk

whole milk	2.25
2% milk	2.25
chocolate milk	2.50
soy milk	2.50

## hot beverages

coffee, regular or decaf with free refills	2.50
regular and decaf tea	2.25
assorted stash specialty teas	2.45
hot apple cider	2.50
hot cocoa	2.50

## johnnie ryan fountain sodas 2.50

### 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	2.50
unsweetened (home made)	
sweetened	
apple cider	2.45
pellegrino - 10 ounce bottle	2.20
orangina - 8 ounce bottle	2.75
carroll's cooler	3.50
fresh squeezed citrus, tonic, grenadine and betty's sour mix	
virgin mary	5.00

# bakery and desserts

**scone (flavors change daily) 2.00**

**cookies 1.85**

**chocolate chip**  
**peanut butter**  
**oatmeal**  
**daily specials (price varies)**

**pie by the slice 6.00**

**apple**  
**coconut cream**  
**key lime**  
**daily specials (price varies)**

**cake by the slice 6.00**

**chocolate with chocolate frosting**  
**daily specials (price varies)**

**bread pudding 6.50**

**baked goods available with 1 - 2 day notice**

**pies**

**apple**  
**coconut cream**  
**key lime**  
**chocolate cream**  
**banana cream**  
**pumpkin**  
**pecan**

**cakes**

**call to discuss**

**bread**

**three seed, nut & raisin**  
**others - call to discuss**