

takeout menu

summer 2016

menu key

let us know 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

subject to change without notice
refer to our website or call for current hours.

breakfast

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

lunch

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

dinner

tues. - 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, prices and hours of operation are subject to change without notice.
please refer to our website or call for current information.

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

breakfast menu

tuesday - friday, 8:00 - 3:00



betty's breakfast specialties

carnitas con huevos



two 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



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

see toast choices in build a breakfast box on next page



toast and bakery sides

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

scrambled tofu hash



tofu sautéed with caramelized onions, sweet potatoes, roasted red peppers and black beans - served with grilled cornbread or pita 10.00

smoked turkey hash



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



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



other 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 6.00
sub egg whites 2.00	

extras or sides of any of the following

salsa, sour cream or cheese .50
real maple syrup 1.25



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 6.00

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

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 - served until 11:00 am

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



breakfast in your hand

the luv sandwich **gf df**

canadian bacon (or lox +3.00 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



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 nys greek yogurt, milk or soy milk 7.25

cheese grits **v gf**

4.00 - with one egg cooked to order 5.25

yogurt & fruit bowl **v gf**

nys greek 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 3.25

lunch menu

tuesday - friday, 11:00 - 3:00

soup & salad

daily soups cup 4.25/bowl 5.25

house made salad dressings **gf**

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 +4.50
hummus or vegetables and asiago +4.00
tuna salad or 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. ours is pretty special and it's eggless 9.00 (+2.50 with gf croutons)

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 mahi mahi salad **gf df**

field greens topped with a 4 oz. grilled mahi mahi filet, avocado, tomatoes, carrots and roasted pepitas with 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

small plates

baked brie

v gf

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

mediterranean dipping plate

v v+ gf df

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

oven baked fish sticks

gf

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

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
(with gf bread +2.50)

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 black 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

tofu peanut wrap **v** **v+** **gf** **df**

roasted tofu, marinated red onions, coleslaw with a sweet and spicy thai peanut sauce and alfalfa sprouts rolled in your choice of white flour or whole wheat flour wrap 11.00

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

bbq'd "pulled" veggie **v** **v+** **gf** **df**

shredded parsnips, carrots and sweet potatoes sautéed in an asian ginger/garlic/soy bbq sauce with spicy green sriracha slaw on your choice of kaiser roll, whole wheat roll or pita 11.00

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

the jazzy **v** **v+** **gf** **df**

swiss cheese, avocado, lettuce, tomato and wasabi aioli on toasted french bread - with or without house smoked turkey breast 11.50

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

cup of soup

side salad

potato salad

bowl of soup +1.25

side caesar +1.75

fruit +1.75



paninis

includes one side as listed in black 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

cuban **gf**

roasted pork loin, house smoked turkey, swiss cheese, chipotle mayo and sweet pickles grilled on french bread 12.00

menu items on this page indicated as **gf** require the substitution of gf bread or wrap. there is an upcharge of 2.50 for this substitution.



burgers

includes one side as listed in black 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 and chipotle bbq sauce 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



quesadillas

includes one side as listed in black box

tortilla choice

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

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

dinner menu

tuesday - saturday, 5:00 - 9:00



small plates

quesadillas

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

served with salsa and sour cream



chicken

shredded mole chicken, caramelized onions and peppers and jack/cheddar cheese 9.75

black bean

black beans, roasted sweet potato, yellow rice and jack/cheddar cheese 8.25

carnitas

slow roasted pulled pork with chipotle honey bbq sauce, caramelized onions and sweet peppers and jack/cheddar cheese 9.75

baked brie



with hot pepper jelly, seasonal fruit and crostini 11.00 (gf crostini +2.50)

mediterranean dipping plate



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

fish sticks



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



entrées - includes bread service on request

add a dinner salad or cup of soup for 2.75

yellowfin tuna



8 oz. black pepper encrusted yellowfin tuna steak pan seared to order, finished with teriyaki sauce and served with brown rice and stir fried vegetables 23.00

vegetarian paella



brown rice with artichoke hearts, peas, green beans, peppers, onions and garlic in a savory spanish tomato broth topped with parsley and sweet pepper curls 17.00
add tofu or chorizo sausage 21.50
add grilled shrimp 22.50

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

chicken cutlets milanese

breaded chicken cutlets pan fried with lemon and fresh herbs - served with a salad of arugula and field greens tossed with cucumber, marinated red onions, grape tomatoes and balsamic vinaigrette, finished with parmesan cheese 19.00

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



soups and salads

daily soups cup 4.25/bowl 5.25

house made salad dressings **gf**

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 +4.50
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 (+2.50 with gf croutons)

**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 mahi mahi salad

gf df

field greens topped with a 4 oz. grilled mahi mahi filet, avocado, tomatoes, carrots and roasted pepitas with 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



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



for little ones

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

oven baked fish sticks

cornmeal crusted cod with a side of ranch dressing 8.00

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	1.85
regular and decaf tea	2.25
assorted stash specialty teas	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	2.00
unsweetened or sweetened	
flavor of the day	
lemonade (home made)	2.75
iced chai	2.75
apple cider	2.45
pellegriano - 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