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Betty's

Betty's

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breakfast menu

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

betty's breakfast specialties

carnitas con huevos

gf df

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

gf

five cajun grilled shrimp served over cheesy hominy grits topped with diced jalapeños - 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 and 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

see toast choices in build a breakfast box on next page

cocktails anyone?

bloody mary 7.50

mimosa - cava/orange juice 7.75

bellini - cava/puréed peaches/cherry liqueur 8.50

pointsettia - cava/cranberry juice/triple sec 7.75

st-germain kir royale - cava/st-germain/cassis 9.00

strawberry mint sparkler - strawberries/lime juice/
mint leaves/vodka/club soda 9.00

campari and orange - orange juice/simple syrup/
campari/club soda 7.75

rosy gimlet - dry rosé/gin/lime served up 9.00

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

gf gluten free
or can be made to be

v+ vegan
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 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

other 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 6.00

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

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

add a side of meat

bacon 3.00
ham 3.00
sausage 4.00
canadian bacon 4.00
seitan sausage 4.50



waffles

served until 11:00 am

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

extra maple syrup 1.25



breakfast in your hand

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

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

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

see build a breakfast for breakfast side choices



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 - add 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 - saturday, 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 +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



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, feta cheese, cucumbers and tomatoes - served with pita 13.00 (with gf crostini +2.50)

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)

oven baked fish sticks

gf

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

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

gf

gluten free
or can be made to be

v+

vegan
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



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

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



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

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 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

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.

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



quesadillas

includes one side as listed in green box

your choice of tortilla

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



wine for lunch?

châteaux nicot bordeaux blanc 7.75/31.00
cinquante cinq viognier 7.75/31.00

a crisp, full bodied white from southern france;

if you like chardonnay, you'll like viognier

salmon run gewurtztraminer 8.75/35.00

bench pinot noir 11.00/46.00

château pigoudet premier rosé 7.75/31.00

a dry still rosé from provence

cavicchioli nv robanera abbocc 7.75/31.00

a dry red sparkling lambrusco from italy

cantina di sorbara l'onesta 7.75/31.00

a dry rosé sparkling lambrusco from italy

wines by the glass 7.75

bottles priced as indicated

white

light bodied

sydney ann pinot grigio (italy) 27.00

casa julia sauvignon blanc (chile) 27.00

medium bodied

château nicot bordeaux blanc (france) 32.00

domaine de bernier chardonnay (france) 30.00

full bodied

oak ridge chardonnay (california) 32.00

cinquante cinq viognier 2013 (languedoc) 32.00

aromatic

niagara landings riesling (niagara county) 34.00

red

medium bodied

lockhart merlot (california) 28.00

the boatman red blend (california) 32.00

old soul old vine zinfandel (california) 34.00

full bodied

quara estate malbec (argentina) 28.00

claud la chapelle bordeaux (france) 34.00

nederburg shiraz (australia) 30.00

echeverria cabernet sauvignon (chile) 28.00

rosé

listed from dry to sweet

château pigoudet premier rosé (france) 27.00

ck mondavi white zinfandel (california) 27.00

hazlitt red cat (finger lakes) 27.00

sparkling

dibon cava brut reserve (dry white-spain) 31.00

cavicchioli nv robanera abbocc
(dry red lambrusco - italy) 31.00

cantina di sorbara, l'onesta
(dry rosé lambrusco - italy) 34.00

wines by the glass and/or bottle

various prices

white

dr. frank dry reisling (finger lakes) 9.50/38.00

salmon run gewurtztraminer (finger lakes) 8.75/35.00

maysara pinot gris (willamette valley) 39.00/bottle

bodega garzón albariño (uruguay) 43.00/bottle

château moreau chablis (burgundy) 47.00/bottle

red

bench pinot noir (sonoma coast) 11.00/46.00

martin ray cabernet sauvignon (sonoma valley)
40.00/bottle

vineland estates cabernet franc (ontario, ca)
8.50/32.00

sparkling

m. chiaro moscato nivole 375 ml (italy) 15/bottle

piper-heidsieck brut cuvée champagne 375 ml
(france) 23/bottle

house wines

6.75/glass

25.00/bottle

red or white

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	2.50	
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 and sweetened		
flavor of the day		
lemonade (home made)	2.75	
iced chai	2.75	
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	

featured beer & cider

samuel smith's nut brown ale (england) 12 oz. bottle

this traditional english ale has a rich walnut color and a cream head. with hints of hazlenuts, it has a long, clean finish. 6.00

steam punk cider (medina, ny) glass or bottle

using a mélange of traditional bitter sweet apples and new age dessert apples, steam punk cider is a geared up infusion of old world style with new world flare. 6.00/glass/18.00 bottle

ayinger celebrator doppelbock (germany) 12 oz. bottle

celebrator doppelbock is a rich, classic bavarian specialty lager traditionally consumed as a celebration beer. it is full-bodied and velvety from half a year's aging. despite its richness, it has a faintly smoky dryness in the finish. 6.75

green's quest tripel ale (belgium) 16.9 oz. bottle

made from millet, sorghum, rice and buckwheat, as well as classic hop varieties, this ale is fermented with a traditional belgian yeast strain and is bottle-conditioned. it is gluten-free and suitable for both vegetarian and vegan diets. 9.00

bottled beer

labatt's blue	3.75
labatt's blue light	3.75
saranac pale ale	4.25
modelo especial	4.25
sierra nevada kellerweiss	5.00
red stripe	4.50
guinness extra stout	5.00
kronenbourg	4.50
haake beck (non-alcoholic)	4.50

on tap

we have five selections on tap. they change often, so ask your server for today's selection.

liqueurs, ports, sherries, etc.

fonseca porto bin # 27	8.00
taylor fladgate 10 year tawny port	7.00
vinedo de los vientos "alcyone" tannat	8.00
letherbee absinthe brun	8.00
finger lakes distilling fruit liqueurs	7.00

house cocktails

brown spirits

ginger old fashioned

high west american prairie bourbon, muddled orange, grand marnier, ginger syrup and angostura bitters on the rocks. 9.00

the ultimate rye manhattan

it all starts with the whiskey! we gently stir to combine high west double rye with vermut, a dark and bitter spanish vermouth, finger lakes distilling cherry liqueur and a dash of angostura bitters. served on the rocks. 10.00

gin

gin & ginger

a tangy, lip-smacking cocktail made with finger lakes distilling seneca drums gin, canton ginger liqueur, lime juice and a splash of club soda. served on the rocks in a tall cooler glass. 9.75

rosy gimlet

just right for a hot summer day! dry rosé wine, seneca drums gin, and rose's lime juice are shaken until ice cold, then strained into a chilled martini glass with a twist of lime zest. 9.00

campari

classic campari spritz

this low alcohol refresher is a favorite of our friend and neighbor, erik, who enjoyed this cocktail while living in italy some years ago. campari, cava and club soda served in a rocks glass garnished with olives and an orange wheel. 7.75

campari and orange

raise a glass to sunny days and balmy nights with this refreshing cocktail. campari is combined with simple syrup and orange juice, poured into a cooler glass packed with ice and topped with club soda. 7.75

mezcal

mexican vacation

del maguey vida mezcal is shaken with cherry liqueur, grapefruit juice, angostura bitters and ice, then strained into a salt rimmed glass and garnished with an orange peel. 8.00

the minty mezcal

fresh mint leaves are muddled with cucumbers, agave nectar and lime juice, combined with mezcal and served over ice. 8.00

vodka

raspberry lemon drop

local vodka, finger lakes distilling raspberry liqueur and fresh lemon juice. frothy and refreshing, this très chic cocktail is served up in a chilled glass rimmed with sugar. 8.50

limoncello vodka collins

limoncello lemon liqueur is shaken with local vodka and fresh lemon juice 'til frothy and icy cold. a splash of club soda finishes off this refreshing tangy cocktail. 9.00

peaches 'n cream

high west peach vodka is not your typical flavored vodka. it takes four fresh macerated peaches to make each bottle. we shake it together with johnnie ryan cream soda and a dash of mint bitters. served up. 9.00

strawberry mint sparkler

juicy strawberries are muddled with lime juice, mint leaves and simple syrup, then shaken with vodka 'til icy cold, strained into a cooler glass filled with ice and topped off with club soda. 9.00

cava

mimosa cava/orange juice 7.75

pointsettia cava/cranberry juice/triple sec 7.75

bellini cava/puréeed peaches/lemon juice/cherry liqueur 8.50

pimm's royale cava/pimm's no. 1 8.25

st-germain kir royale cava/st-germain/cassis liqueur 9.00

black squirrel

dark & squirrely

black squirrel aged maple spirit is made right here in buffalo. in this take on the legendary sailors' swill, we mix it with ginger beer and fresh lime juice and serve it on the rocks with a lime garnish. 8.00

sangria

red sangria

dry red wine, brandy, triple sec, peach schnapps and housemade grenadine served on the rocks in a wine glass with fresh fruit topped with club soda 8.00

white sangria

dry white wine, brandy, triple sec, peach schnapps and housemade ginger syrup served on the rocks in a wine glass with fresh fruit topped with club soda 8.00

bourbon

jim beam
maker's mark
high west american prairie
widow jane
whiskey
jameson
jack daniel's old #7
canadian club
crown royal
seagram's 7
southern comfort
rye
templeton
high west double rye

vodka

one roq
stoli
ketel one
crop (organic)
360° double chocolate
360° mandarin orange
360° bing cherry
360° lemon
stoli vanilla
high west peach

scotch

dewar's white label
dalwhinnie 15 year
balvenie 12 year
brandy
harvest spirits
cornelius cherry brandy
cognac
hennessy vs
gin
tanqueray
hendrick's
seneca drums
roundhouse spirits imperial barrel aged

rum

black squirrel aged maple spirit
bacardi
captain morgan
old new orleans cajun spice
myer's original
tequila & mezcal
milagro reposado
patron silver
corzo añejo
del maguey vida mezcal

