

PASTAS

All pastas served with our house focaccia. Add Szechwan marinated tofu or freshly grilled chicken breast for \$3. Substitute tofu for meat at no charge.

Sweet & Savory Winter Orecchiette

Turkey breast, sausage, pecans, onions and spinach tossed with orecchiette pasta in our sweet nutmeg cream sauce \$12

Spicy Pasta Pomodoro

Bowtie pasta tossed with basil-infused olive oil, roma tomatoes, fresh garlic, spicy red pepper flakes, and freshly grated Parmesan cheese \$10
Add spicy sausage \$2

Pasta Alfredo

Penne tossed in creamy alfredo sauce with spinach, tomatoes, and red onions \$11 Add a blackened chicken breast for \$3

Betty's Mac and Cheese

Rotini pasta in our house made cheese sauce with poblano peppers, corn, and red onions \$9
Add spicy sausage \$2

Sriracha Mac & Cheese

Your favorite Mac n Cheese served spicy w/ Sriracha \$9 Add spicy sausage \$2

Cajun Crab Pasta

Real crabmeat, mushrooms, red onions, roma tomatoes, and spinach tossed in a Cajun cream sauce \$12

Greek Pasta

Bowtie pasta tossed with kalamata olives, roma tomatoes, spinach, pine nuts, basil, and feta cheese in a light basil-infused olive oil \$11

Chipotle Cream and Chicken Rotini

Chicken, poblano peppers, corn, red onions, and tomatoes in a spicy chipotle cream sauce \$11

Artichoke and Gorgonzola Pasta

Bowtie pasta tossed with artichoke hearts, red onion, and sun-dried tomatoes in our rich and creamy Gorgonzola cream sauce \$12

Tasso Ham and Chicken Penne

Cajun spicy Tasso ham, grilled chicken breast, mushrooms, and red onion in a Parmesan cream sauce \$13

Cheese Raviolis

Six big raviolis tossed in our house made basil pesto sauce with artichoke hearts, mushrooms, and red onions \$11

Pesto Chicken Pasta

Bowtie pasta tossed in basil pesto with pine nuts, red onions, roma tomatoes, and Parmesan topped with a grilled chicken breast \$12

Betty's Tuna Noodle Casserole

Cheesy rotini pasta tossed with tuna fish, red onions, celery and capers topped with crumbled homemade potato chips \$10

Happy Pumpkin Ravioli

Roasted butternut squash, onions and spinach tossed w/ cheese raviolis in our pumpkin cream sauce \$11

Savory Cabbage & Pork Rotini

Sliced pork, crisp bacon, napa cabbage, bok choy, spinach and onions in a savory jalapeno-soy sauce w/ a touch of cream \$12

Main Meals

Parmesan Herb Crusted Pork Loin

Served with creamy alfredo sauce and our garlic redskin mashed potatoes and steamed broccoli \$12

Blackened Catfish Dinner

A spicy catfish filet served with garlic redskin mashers and skillet corn \$11

Marge's Meatloaf

Served with garlic redskin mashers and skillet green beans \$10

Vegan Shrooms

Shiitake, portabella, and button mushrooms sautéed with Asian slaw over mixed greens and served in a grilled flour tortilla \$10

Blue Corn-Tortilla Encrusted Salmon

A salmon filet seasoned with cumin and encrusted in crushed blue corn tortillas. Served over Betty's warm black bean and corn salsa in our chipotle cream sauce with house focaccia \$15

Betty's Beer Brats

Two big brats slow cooked in Bell's Two Hearted Ale served with sauerkraut, grilled peppers and onions, and garlic redskin mashers \$9

Hot Hot Chicken

Grilled chicken breast sautéed with green onions and roma tomatoes in a Frank's Red Hot cream sauce with skillet green beans and garlic redskin mashers \$10

Dijon Chicken

Grilled chicken breast finished in a Dijon cream sauce, with garlic redskin mashers and skillet green beans \$10

SANDWICHES

All Sandwiches come with your choice of one side dish. Additional sides available for \$2.

Homemade potato chips
Broccoli and cheese
Garlic redskin mashers

Cilantro-lime rice
Skillet corn
Skillet green beans

Potato salad
Blue corn tortilla chips
Warm Asian slaw

Open Face Turkey Sandwich

Freshly sliced turkey breast, piled on Texas toast and covered with gravy. We suggest it with our redskin mashers \$9

Turkey Bacon Wrap

Turkey, bacon, roma tomatoes, lettuce, red onions, and Gorgonzola mayo in a grilled flour tortilla \$9

Surly Girl Turkey Wrap

Turkey, dried cranberries, pecans, Gorgonzola cheese, red onions, and lettuce with balsamic vinaigrette in a grilled flour tortilla \$9

Turkey Caesar Wrap*

Turkey, swiss cheese, lettuce, roma tomatoes, red onions, and our avocado caesar dressing in a grilled flour tortilla \$9

Betty's Club

Turkey, bacon, lettuce, roma tomatoes, red onions, and alfalfa sprouts with pesto mayo on our toasted, hearty whole wheat bread \$8

Meatloaf Sandwich

A slice of Marge's meatloaf on our hearty whole wheat bread with lettuce, roma tomatoes, red onion, and jalapeno mayo \$8

Reuben

Freshly sliced corned beef, swiss cheese, thousand island dressing, and sauerkraut on grilled rye \$8
Substitute turkey at no charge

Mediterranean Wrap

Diced chicken, feta cheese, roma tomatoes, spinach, minced kalamata olives, red onion, and our red wine vinaigrette in a grilled flour tortilla \$8

Salmon Caesar Wrap*

Tender salmon chunks, lettuce, roma tomatoes, red onions, and our avocado caesar dressing in a grilled flour tortilla \$9

Veggie Burrito

Black bean hummus, cilantro-lime rice, spinach, roma tomatoes, onions, jalapenos, and shredded cheese in a grilled flour tortilla served with sour cream and salsa on the side \$8 Add grilled chicken \$1

Falafel Sandwich

Homemade classic falafel served on grilled pita bread with roma tomatoes, red onions, and alfalfa sprouts, with our cucumber-dill yogurt sauce on the side \$8

Veggie Melt

Grilled mushrooms, roma tomatoes, peppers and onions, topped with melted jack cheese, spinach, alfalfa sprouts, and pesto mayo served on our hearty whole wheat bread \$8

Portabella Mushroom Pita

A whole mushroom cap marinated in our balsamic vinegar and rosemary, topped with grilled peppers and onions and melted jack cheese with alfalfa sprouts, lettuce, and roma tomatoes with a side of our salsa-yogurt sauce \$8

Grilled Cheese, Pesto, and Tomato


Cheddar, mozzarella, and jack cheeses with roma slices drizzled with house made basil pesto on our hearty whole wheat bread \$8
Add bacon \$1 Add egg \$1

Egg Salad

Our house made egg salad with lettuce, tomato, and bacon on our hearty whole wheat bread \$8

Betty's Tuna Salad Sandwich

Tuna, celery, red onions, capers and mayo with lettuce and roma tomatoes on our hearty whole wheat bread \$8 add bacon \$1

 can be made
VEGETARIAN
 can be made
VEGAN



*Consuming raw or undercooked seafood, shellfish, meats, poultry or eggs may increase your risk of foodborne illness
(Parties of six or more are subject to one check and 18% gratuity)

