

A P P E T I Z E R S

Sized for sharing, or as a meal itself!

Spinach and Artichoke Dip

Served with pita wedges \$8

Crabby Patties

Three crab cakes served with jalapeno mayo on the side \$8

Black Bean Hummus

Served with pita wedges and fresh veggies \$8

Plantains

Hot and sweet, served with our zippy salsa yogurt \$8

Crispy Vegetarian Egg Rolls

Served with our sweet and spicy pale ale teriyaki sauce for dipping \$8

Hearty Potato Pancakes

Two grilled herbed potato pancakes smothered in melted cheese and topped with green onions, served with sour cream and salsa \$5

Steve's Afternoon Delight

Big bowl of our house made potato chips covered with cheese sauce, diced romas, green onions, and sour cream \$7
Add bacon for only \$1

Nachos

Our freshly cooked blue corn tortilla chips topped with cheese, black beans, romas, green onions, and jalapenos with sour cream and salsa on the side \$9
Add chicken or Cajun crab for only \$1

Classic Quesadillas

Three cheeses mingle with romas, onions, and cilantro served with sour cream and salsa on the side \$8
Add chicken or Cajun crab for only \$1

Corn Salsa Quesadillas

Jack cheese, black beans, corn, poblanos, green onions, romas, and cilantro with sour cream and salsa on the side \$8
Add chicken or Cajun crab for only \$1

Heartland Quesadillas

Sweet roasted butternut squash, smoked gouda and cilantro with sour cream and salsa on the side \$8
Add chicken or Cajun crab for only \$1



can be made
VEGETARIAN



can be made
VEGAN

SOUPS + SALADS

All soups and dressings are made from scratch.

Chicken Tortilla Soup

Peppers, corn, tomatoes, and chicken in a spicy tomato broth topped with sour cream, cheese, and crispy tortilla strips. A house favorite \$

Soup of the Day

Sometimes vegan, usually vegetarian, and always delicious! \$5

Small Starter Salads

Served with pita wedges. Dressings served on the side.
Add a grilled chicken breast, marinated portabella mushroom cap, or Szechwan marinated tofu for \$3. Add a freshly grilled salmon* or tuna filet* for \$5.

Betty's Green Goddess Salad

Cucumbers, carrots, red onions, and romas over mixed greens with our avocado caesar dressing \$6

Mediterranean Salad

Crumbled feta, kalamata olives, cucumbers, red onions, and romas over mixed greens with our red wine vinaigrette dressing \$6

Small Surly Girl Salad

Dried cranberries, Gorgonzola cheese, pecans, and red onions over mixed greens with our balsamic vinaigrette \$6

ENTREE SALADS

Served with our freshly made house focaccia bread. Dressings served on the side.
Add a grilled chicken breast, marinated portabella mushroom cap, or Szechwan marinated tofu for \$3.
Add a freshly grilled salmon* or tuna filet* for \$5.

Betty's Salad Nicoise (nee-swahz')

Grilled redskin potato wedges, French green beans, and kalamata olives sautéed in our house made basil pesto over mixed greens and hard-boiled egg, garnished with our cucumber-dill yogurt drizzle. We suggest fresh grilled salmon or tuna on top! \$10

Southwest Chicken Salad

Roma tomatoes, green onions, corn, black beans, cilantro, poblano peppers, and shredded cheese over mixed greens with our salsa-ranch dressing, topped with a grilled chicken breast and lots of crispy tortilla strips \$10

Warm Three Mushroom Salad

Sautéed shiitake, portabella, and button mushrooms over mixed greens with crumbled goat cheese and fresh roma tomatoes with our house made balsamic vinaigrette \$10

Betty's Best Salad

Grilled chicken, crispy bacon, carrots, broccoli, roma tomatoes, green onions, alfalfa sprouts, hard-boiled egg, sunflower seeds, blue cheese, and cheddar served over mixed greens with our house made salsa-ranch dressing \$10

Betty's Best Veggie Salad

Carrots, broccoli, roma tomatoes, green onions, alfalfa sprouts, hard-boiled egg, sunflower seeds, blue cheese, and cheddar served over mixed greens with our house made salsa-ranch dressing \$9

Large Surly Girl Salad

Mixed greens with dried cranberries, pecans, Gorgonzola cheese, and red onions, with our balsamic vinaigrette \$9

The Love Salad

Turkey, ham, peas, red onions, carrots, pumpkin seeds, smoked gouda and bacon over mixed greens w/ creamy parmesan thyme dressing \$10



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