



# Betty's

## SOFT DRINKS

\$2 Free refills

<b>RC Cola</b>	<b>Mountain Dew</b>	<b>Iced Tea</b>
<b>Diet Coke</b>	<b>7UP</b>	<b>Raspberry Iced Tea</b>
<b>Dr. Pepper</b>	<b>Ginger Ale</b>	<b>Coffee</b>
<b>Diet Dr. Pepper</b>	<b>Grape Soda</b>	Betty's special blend
<b>Root Beer</b>	<b>Pink Lemonade</b>	by CAFE <b>BRIOSO</b>

**formula AM** \$4.99 No refills

An oxygen-infused recovery drink to get your day started

## APPETIZERS

Sized for sharing, or as a meal itself!

**Spinach & Artichoke Dip** 🌱🍷 \$8  
Served with pita wedges

**Black Bean Hummus** 🌱🍷 \$8  
Served with pita wedges & fresh veggies

**Crabby Patties** \$8  
Three crab cakes served with jalapeño mayo

**Plantains** 🌱🍷 \$8  
Hot & sweet, served with our zippy salsa yogurt

**Hearty Potato Pancakes** 🌱 \$5  
Two grilled herbed potato pancakes smothered in your choice of melted cheddar or blue cheese & topped with green onions, served with sour cream & salsa. Add bacon for 50¢

**Steve's Afternoon Delight** 🌱 \$7  
Big bowl of our house made potato chips covered with cheese sauce, diced romas, green onions, & sour cream. Add bacon for only \$1

**Nachos** 🌱🍷 \$9  
Our freshly cooked blue corn tortilla chips topped with cheese, black beans, romas, green onions, & jalapeños with sour cream & salsa on the side. Add chicken or Cajun crab for only \$1

**Classic Quesadillas** 🌱🍷 \$8  
Three cheeses mingle with romas, onions, & cilantro; with sides of sour cream & salsa. Add chicken or Cajun crab for only \$1

**Corn Salsa Quesadillas** 🌱🍷 \$8  
Jack cheese, black beans, corn, poblanos, green onions, romas, & cilantro with sour cream & salsa on the side. Add chicken or Cajun crab for only \$1

**Pumpkin Quesadilla** 🌱🍷 \$8  
A seasoned pumpkin puree with roasted root vegetables



## MAIN MEALS

**Marge's Meatloaf** \$10  
With garlic redskin mashers & skillet green beans

**Vegan Shrooms** 🌱🍷 \$10  
Shiitake, portabella, & button mushrooms sautéed with Asian slaw over mixed greens & in a grilled flour tortilla

**Parmesan Herb Crusted Pork Loin** \$12  
Smothered in creamy alfredo sauce, served with our garlic redskin mashers & steamed broccoli

**Blackened Catfish Dinner** \$11  
A spicy catfish filet served with garlic redskin mashers & skillet corn

**Blue Corn Tortilla Encrusted Salmon** \$15  
Salmon filet seasoned with cumin & encrusted in crushed blue corn tortillas, over our warm black bean & corn salsa & tomatoes & our chipotle cream sauce with house focaccia

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

**Beef Stroganoff** \$11  
Tender Beef slowed cooked with mushrooms & onions in a rich & creamy gravy served over rotini pasta

**Fried Chicken Dinner** \$11  
Hand-breaded & fried boneless chicken breast drizzled with cayenne honey, garlic redskin mashers, & skillet corn. Add an additional chicken breast for only \$3

**Grilled Tofu Steak** 🌱🍷 \$11  
Marinated pieces of tofu steak with broccoli, sautéed in a tangy onion sauce of tomato, cilantro, garlic, & curry over black beans

**Betty's Beer Brats** \$9  
Two big brats slow-cooked in Bell's Two Hearted Ale served with sauerkraut, grilled peppers, & onions, & garlic redskin mashers

## SALADS

All salads served over mixed greens.

Small starter salads served with pita wedges;  
Large salads served with our freshly made house focaccia bread

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

Housemade dressings served on the side, order extra dressing for 50¢.

<b>Salsa Ranch</b> 🌱	<b>Red Wine Vinaigrette</b> 🍷
<b>Avocado Caesar</b> 🌱	<b>Balsamic Vinaigrette</b> 🍷
<b>Cucumber Dill Yogurt</b> 🌱	<b>Oil &amp; Vinegar</b> 🍷
<b>Salsa Yogurt</b> 🌱	

**Betty's Green Goddess Salad\*** 🌱🍷 **Small \$6 • Large \$9**  
Cucumbers, carrots, red onions, & romas with avocado caesar dressing

**Mediterranean Salad** 🌱🍷 **Small \$6 • Large \$9**  
Crumbled feta, kalamatas, cucumbers, red onions, & romas with our red wine vinaigrette

**Surly Girl Salad** 🌱🍷 **Small \$7 • Large \$9**  
Dried cranberries, pecans, Gorgonzola cheese, & red onions, with our balsamic vinaigrette

**Betty's Vegan Salad** 🌱🍷 \$9  
Beets, green onion, shredded carrots, roasted corn, pumpkin seeds, & vegan cheese over spinach & mixed greens with a balsamic vinaigrette

**Betty's Salad Niçoise (nee-swahz')** 🌱🍷 \$10  
Grilled redskin potatoes, French green beans, & kalamatas sautéed in our house made basil pesto with hard-boiled egg, garnished with our cucumber-dill yogurt drizzle. We suggest fresh grilled salmon or tuna on top!

**Southwest Chicken Salad** \$10  
Roma tomatoes, green onions, corn, black beans, cilantro, poblano peppers, & shredded cheese with our salsa-ranch dressing, with a grilled chicken breast & crispy tortilla strips

**Betty's Best Salad** \$10  
Grilled chicken, bacon, carrots, broccoli, roma tomatoes, green onions, alfalfa sprouts, hard-boiled egg, sunflower seeds, blue cheese, & cheddar with our salsa-ranch dressing

**Warm Three Mushroom Salad** 🌱🍷 \$10  
Sautéed shiitake, portabella, & button mushrooms with crumbled goat cheese & fresh roma tomatoes with our house made balsamic vinaigrette

## SOUPS

All soups are made from scratch.

**Pumpkin Chili** 🌱🍷 \$5  
Garnished with pumpkin seeds

**Chicken Tortilla Soup** \$5  
Peppers, corn, tomatoes, & chicken in a spicy tomato broth topped with sour cream, cheese, & crispy tortilla strips. A house favorite!

**Soup of the Day** \$5  
Sometimes vegan, usually vegetarian, & always delicious!



# PASTAS

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

## Betty Spaghetti 🌱🍷 \$8

Our housemade pumpkin chili served over spaghetti noodles topped with pumpkin seeds. Add vegan cheese \$1

## Betty's Tuna Noodle Casserole \$10

Cheesy rotini pasta tossed with tuna fish, red onions, celery, & capers topped with crumbled homemade potato chips

## Pasta Alfredo 🌱 \$11

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

## Cajun Crab Pasta \$12

Real crabmeat, mushrooms, red onions, roma tomatoes, & spinach tossed in a Cajun cream sauce on penne pasta

## Greek Pasta 🌱🍷 \$11

Penne tossed with kalamata olives, romas, spinach, basil, & feta cheese in a light basil-infused olive oil

## Artichoke & Gorgonzola Pasta 🌱 \$12

Penne pasta tossed with artichoke hearts, red onion, & sun-dried tomatoes in our rich & creamy Gorgonzola cream sauce

## Winter Pesto Pasta 🌱🍷 \$12

A housemade walnut pesto tossed with romas, roasted root vegetables & rotini pasta

## Betty's Mac & Cheese 🌱 \$9

Rotini pasta in our house made cheese sauce with poblano peppers, corn, & red onions. Order it Sriracha Style at no extra charge! Add spicy sausage \$2

## Pale Ale Asian Noodles 🌱🍷 \$11

Pan seared Udon noodles tossed with broccoli, romas, red onions, scallions, mushrooms, spinach, & cabbage in our pale Ale Asian Teriyaki sauce, garnished with sesame seeds

# SIDES

All sides available for \$2

## Homemade Potato Chips 🍷

## Blue Corn Tortilla Chips 🍷

## Broccoli & Cheese 🌱🍷

## Garlic Redskin Mashers 🌱

## Skillet Green Beans 🌱🍷

## Skillet Corn 🌱🍷

## Warm Asian Slaw 🌱

## Black Beans 🍷

# SANDWICHES

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

## Open-Face Turkey Sandwich \$9

Freshly sliced turkey breast, piled on Texas toast & covered with gravy. We suggest it with our redskin mashers

## Turkey Bacon Wrap \$9

Turkey, bacon, roma tomatoes, lettuce, red onions, & Gorgonzola mayo in a grilled flour tortilla

## Surly Girl Turkey Wrap \$9

Turkey, dried cranberries, pecans, Gorgonzola cheese, red onions, & lettuce with balsamic vinaigrette in a grilled flour tortilla

## Betty's Club \$8

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

## Meatloaf Sandwich \$8

A slice of Marge's meatloaf on our hearty whole wheat bread with lettuce, roma tomatoes, red onion, & jalapeño mayo

## Reuben 🌱 \$8

Your choice of freshly sliced corned beef, turkey, or portabella. Swiss cheese, thousand island dressing, & sauerkraut on grilled rye

## Crab Cake Sandwich \$9

Crab cakes, shredded cabbage & carrots, red onion, & jalapeño mayo in a grilled pita

## Mediterranean Wrap \$8

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

## Caesar Wrap\* \$9

Choose turkey or tender salmon chunks\*, lettuce, roma tomatoes, red onions, & our avocado caesar dressing in a grilled flour tortilla

## Veggie Burrito 🌱🍷 \$8

Black bean hummus, spinach, roma tomatoes, onions, jalapeños, & shredded cheese in a grilled flour tortilla served with sour cream & salsa on the side. Add grilled chicken \$1

## Falafel Sandwich 🌱 \$8

Homemade classic falafel served on grilled pita with roma tomatoes, red onions, & alfalfa sprouts, with our cucumber-dill yogurt sauce on the side

## Portabella Mushroom Pita 🌱🍷 \$8

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

## Veggie Melt 🌱🍷 \$8

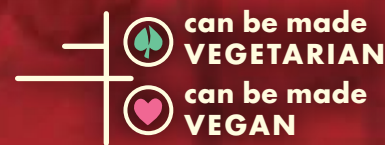
Grilled mushrooms, roma tomatoes, peppers, & onions, topped with melted jack cheese, spinach, alfalfa sprouts, & pesto mayo served on our hearty whole wheat bread

## Grilled Cheese, Pesto, & Tomato 🌱 \$8

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

## Betty's Tuna Melt \$8

Tuna, melted swiss, celery, red onions, capers, & mayo with lettuce & roma tomatoes on our hearty whole wheat bread. Add bacon \$1



# DESSERTS

## Pumpkin Love 🌱 \$5

Warm pumpkin custard topped with cobbler crust & a dollop of whipped cream

## Jenny's Cakes 🌱 \$5

Ask your server for today's made-from-scratch selections

## Glad Annie's Old World Baklava 🌱

1 piece \$1<sup>75</sup> \* 2 pieces \$3

Homemade with Ohio honey & Amish butter in Worthington, OH

\*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 & 18% gratuity**

