

A P P E T I Z E R S

Spinach and Artichoke Dip

Served with pita wedges \$8

Sized for sharing, or as a meal itself!

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



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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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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

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*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)



BRUNCH

* **Omelettes** Served with hash browns and toast. \$9 Please no substitutions

The Mean Drunk Spicy eggs with corn, red onions, poblano peppers and hot sauce topped with green onions and cheddar cheese

The Told-You-So Eggs with tasso ham, bacon, mushrooms, and red onions, topped with jack cheese

The Freshstart Eggs, broccoli, corn, roma tomato, onions, and mushrooms with swiss cheese

The Greek-to-Me Eggs, calamata olives, roma tomato, pine nuts, basil and fresh spinach topped with feta cheese

* **Day Starters** Please no substitutions

The 'Never Again' Nachos Bowl of blue corn chips melted with cheddar blend, Cuban beans, scrambled eggs, green onions, and jalapenos served with salsa and sour cream \$8 Add meat \$1

Cali Quesadilla Eggs, cheese, diced tomato, onions and fresh avocado served with salsa and sour cream \$7 Add meat \$1

The Stomach Settler Sausage Quesadilla Eggs, cheese, with spicy sausage, poblano peppers, corn and red onions, served with salsa and sour cream \$8

* **Sandwiches** Please no substitutions

Breakfast Club Grilled egg, crispy bacon, sprouts, romas and pesto mayo on a croissant served with a side \$8

Sausage, Egg & Cheddar Croissant with romas, romaine, and jalapeno mayo, served with a side \$8

The Buckle Buster Smothered Burrito Scrambled eggs, black beans, cheddar blend, fresh spinach, jalapenos and onions in a grilled tortilla wrap covered with smoked chipotle cream served with a side dish \$8 Add meat \$1

* **Brunch Classics are delicious!** Please no substitutions \$8

Sausage Gravy & Biscuits Fresh buttermilk biscuits with scrambled eggs covered with sausage gravy

French Toast & Sausage Our french toast is made with thick-sliced Texas toast and served with sausage patties

Huevos Rancheros Scrambled eggs on a folded tortilla over cuban black beans topped with jack cheese and salsa

Corned Beef Hash Plate Grilled corn beef and hash brown potatoes served with scrambled eggs and toast

The Classic Plate 3 scrambled eggs, bacon or sausage patties, hash browns, and toast

* **Sides**

Hash browns, mashers, corn, green beans, black beans, broc n chz, potato salad, blue corn tort chips, homemade potato chips, cilantro-lime rice, asian slaw

Meat Choices Breakfast sausage patties, spicy italian sausage crumbles, crispy bacon, diced chicken, tasso ham

Bread Choices Texas toast, whole wheat, rye, croissant, biscuit, pita, focaccia

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Classic Quesadillas 🌱 Three cheeses mingle with romas, onions, and cilantro served with sour cream and salsa on the side \$7 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 \$7 Add chicken or Cajun crab for only \$1



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Betty's Fine Food • 680 North High Street • Columbus, Ohio 43215

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