

## ENTREES

### *Finger Lickin' Fried Chicken*

Betty's secret recipe for super succulent hormone free thigh, leg and breast. Served with a biscuit and your choice of mashed potatoes, french fries or homemade coleslaw. (Please allow extra time for this dish, good things are worth the wait). ~12.95

### *Hot Turkey Plate*

Hot turkey sandwich topped with homemade gravy. Served open face on a dutch crunch roll over mashed potatoes with cranberry sauce and a side of peas. ~11.95

### *Tri-Tip Plate*

House marinated, grass-fed tri-tip roasted to medium rare, served with mashed potatoes and fresh seasonal vegetables. ~12.95

### *Beer Battered Fish n' Chips*

Kona Longboard battered cod, fried crispy. Served with crispy fries, cocktail and tartar sauce. ~9.95

### *Magic Shroom*

Balsamic marinated Portabella mushroom, grilled and served over mashed potatoes with a side of seasonal veggies. It's mind altering. ~11.95

### *Mac Daddy*

A manly portion of crispy, cheesy macaroni goodness topped with crispy bacon. ~8.95

### *Chicken Parmesan over Penne*

Thinly sliced chicken breast crusted with seasoned breading, served over penne pasta and topped with provolone cheese and our homemade spicy red sauce. ~10.95

## SIDES

(Fries are trans-fat free.  
Sweet Potato Fries are trans-fat and gluten free.)

### *Crispy Fries*

Reg ~1.75 Basket ~2.95

### *Sweet Potato Fries*

Reg ~3.25 Basket ~4.95

### *Garlic Fries*

~4.49

### *Crunchy*

*Onion Rings* ~4.95

### *50/50 Crispy n'*

*Sweet Fries* ~3.95

### *50/50 Crispy Fries n'*

*Onion Rings* ~3.95

### *50/50 Sweet Fries n'*

*Onion Rings* ~4.95

### *Chili Cheese*

*Fries* ~5.49

### *Mashed Potatoes*

(no gravy) ~3.49

### *Mashed Potatoes*

w/ cheese ~4.25

### *Homemade*

*Gravy* ~.50

### *Coleslaw*

~2.95

### *Mixed Seasonal*

*Veggies* ~3.95

### *Homemade*

*Potato Chips* ~1.75

### *2 Buttermilk*

*Biscuits* ~1.95

## ICE CREAM & SHAKES

Polar Bear Featured Flavors: Chocolate, Vanilla, Strawberry, Thin Mint, Dirty Paws, Cake Batter, Milk & Cookies, Monkey Business, Turkish Coffee, Flavor of the Month

### *Cone or Cup*

Single ~2.75 Double ~4.25

### *Shakes*

12 oz. ~4.95 16 oz. ~6.49

### *Classic Malt*

12 oz. ~5.49 16 oz. ~6.95

### *Float Your Own Boat* ~4.95

2 scoops ice cream & your choice of soda.

*Polar Bear Ice Cream  
is locally owned & manufactured  
with all natural ingredients*

## KIDS MENU

For kids age 12 and under please!

### *Biddy Betty* ~3.95

### *Chicky Tenders* ~4.95

### *Corn Doggie* ~2.95

### *Mac and Cheese* ~3.95

### *1/2 Grilled Cheese* ~3.95



*Kisses, Betty*

*Takeout  
Menu  
Order to-go!*



*Downtown  
Santa Cruz*

1222 PACIFIC AVE | 831.600.7056

# STARTERS

## *Skinny Dippers*

Fresh, seasonal veggie platter served with homemade ranch dressing. ~ **5.49**

## *Nachos O' Lay*

Tortilla chips layered with black beans, sharp cheddar cheese, sour cream, homemade salsa and guacamole. ~ **7.95**  
(Add grilled chicken breast ~3)

## *Baked Potato Skins (3/Basket)*

Potato skins topped with melted cheddar cheese, crispy bacon bits, green onions and sour cream. ~ **5.95**

# SALADS

**Homemade dressings:** tangy tahini, eye-talian, creamy blue cheese balsamic vinaigrette, ranch or chipotle ranch.

## *Rough & Ready*

Mixed greens, shredded carrot, cucumber, tomato, almonds and dried cranberries. ~ **5.49**

## *Taco Teaser*

Chopped greens topped with black beans, corn, crispy corn tortilla chips, seasoned grilled chicken, guacamole, fresh cotija cheese and chipotle ranch. ~ **10.95**

## *The Wedgie*

Iceberg lettuce with bacon, avocado and blue cheese dressing. A crisp wedge of heaven. ~ **6.95**

## *Crispy Calamari*

Homemade breaded calamari rings and tentacles, fried crispy and served with cocktail and tartar sauce. ~ **8.95**

## *Wing My Bell*

Homemade wings smothered in a teriyaki chipotle glaze or Franks Red Hot Buffalo Sauce®. Served with ranch or blue cheese for dipping! ~ **6.95**

## *Popcorn Shrimp*

A basket of crunchy fried shrimp served with tartar and cocktail sauce. ~ **8.95**

## *Chicken Tenders*

Regular or Buffalo style tossed in Franks Red Hot Buffalo Sauce®. Served with a side of BBQ, ranch or blue cheese dressing. ~ **5.95**

## *Betty on Top*

Rough & Ready salad with a seasoned grilled chicken breast, salmon, veggie, beef or turkey patty on top. ~ **8.95**  
(Substitute Portabella ~1)

## *Pork in the Hay*

Slow roasted pork served over apple and red onion coleslaw with fresh cotija cheese and a tangy honey mustard vinaigrette. A big mound of mmm... ~ **8.95**

## *Caesar Salad*

Fresh chopped romaine hearts and crunchy homemade croutons tossed in creamy caesar dressing with grated Parmesan cheese on top. ~ **6.95**

## *Cobb Salad*

Chopped greens, ham, grilled chicken, bacon bits, crumbled blue cheese, tomatoes, avocado and hard-boiled egg. ~ **10.95**

\*\*\* Add seasoned grilled chicken breast to any salad ~3

# BURGERS N' HOT DOGS

Betty burgers are made with fresh, all natural, pasture-raised beef. **NO antibiotics, NO hormones in her beef ever!**

All burgers are dressed with lettuce, tomatoes, red onions, pickles and lube. Betty's lubes are all mayonnaise based.

All burgers available  
**'BAREBACK STYLE'**  
aka lettuce wrapped.

Sub a gluten free bun for ~ **1.50**.  
Substitute any burger with a portabella mushroom for ~ **1.00**.

## *Basic Betty*

1/3 lb. all natural burger with Betty's secret lube. ~ **5.95**

## *Big Betty*

1/2 lb. burger with Betty's secret lube. ~ **6.95**

## *Double Dutch*

Full pound of beef with Betty's secret lube. ~ **9.95**

## *Point Grinder*

Bacon, sautéed mushrooms, blue cheese and green onion lube. ~ **8.95**

## *Mad Mex*

Fresh guacamole, pepper jack cheese and mild chipotle lube. ~ **8.95**

## *Texas Two Step*

Onion rings, bacon, cheddar and Betty's homemade BBQ sauce. ~ **8.95**

## *The Duke*

Island style burger with grilled pineapple, bacon, cheddar and sweet teriyaki lube. ~ **8.95**

## *Smokin' Betty*

Roasted balsamic onions, smoked cheddar cheese, bacon, lettuce, tomato and mayo. ~ **8.95**

## *Good Ol' Fashion Patty Melt*

Grilled onions, swiss cheese melted and Betty's secret lube on toasty rye bread. ~ **8.95** Add sautéed mushrooms for ~ **.95**

## *Chick-A-Dee*

Seasoned grilled chicken breast with Betty's secret lube on a whole wheat bun. ~ **6.95**

## *The Gobbler*

Ground turkey burger with green onion lube on a whole wheat bun. ~ **6.95**

## *Slammin' Salmon*

Salmon burger with green onion lube on a whole wheat bun. ~ **7.95**

## *Tracks in the Grass*

Homemade veggie burger with Betty's secret lube served on a whole wheat bun. ~ **6.95**

## *Lucky Lady*

8" plump all-beef hot dog in a bun. ~ **4.95**

## ADDITIONS

cheese .75  
American  
Swiss  
Sharp Cheddar  
Pepper Jack  
Crumbled Blue  
Provolone  
scoop of chili .95  
sauteed mushrooms .95  
sauteed onions .50  
guacamole 1.25  
bacon 1.25  
grilled & marinated pineapple .75  
avocado slices 1.25  
2 onion rings 1.25

# SANDWICHES

Betty's dressings and lubes are all mayonnaise based. Served with a side of homemade chips.

## *Oven Roasted Turkey Sandwich*

Classic Turkey Sandwich—Fresh roasted turkey served cold with cranberry sauce and mayo on whole wheat or sourdough bread. We roast our own for good juicy white meat. ~ **8.95**

## *Shrimp Po' Girl*

Crunchy fried shrimp, shredded lettuce and kickin' chipotle lube served nestled in a sweet French roll—Betty's Po' Girl puts a Po' Boy to shame. ~ **9.95**

## *Tramp on a Roll*

Slow Roasted Pork Sandwich with apple and red onion coleslaw and green onion lube served on a sweet French roll. ~ **8.95**

## *Caesar Wrap*

Our caesar salad wrapped up in a spinach tortilla. (Add seasoned grilled chicken breast ~3) ~ **7.95**

## *Betty Likes it Tender (BLT)*

Crispy bacon, lettuce, tomato and avocado with Betty's green onion lube served on toasted sourdough or whole wheat bread. ~ **9.95**

## *Veggie Suprise*

Grilled Portabella mushroom, zucchini and red bell peppers with roasted balsamic onions, provolone cheese, fresh spinach and mayo. Served warm on toasted sourdough or whole wheat bread. ~ **9.95**

## *Tri-Tip Sandwich*

House marinated grass-fed tri tip roasted to medium rare with lettuce, tomato, onions and mayo on a sweet French roll. (Add cheese ~1.25) ~ **9.95**

## *Grilled Cheese*

A blend of 3 cheeses grilled on sourdough bread. (Add ham or turkey ~2) ~ **6.95**

## *Chicken Parmesan Sandwich with a Spicy Kick*

Thinly sliced chicken breast crusted with seasoned breading, topped with Betty's homemade spicy red sauce and provolone cheese served on a sweet French roll. ~ **9.95**

## *Fried Chicken Sandwich*

Chicken breast coated with our signature fried chicken batter, lettuce, tomato, red onion and chipotle lube served on a burger bun. ~ **7.95**

# SOUP N' CHILI

## *Liquid Love*

cup ~ **3.49** bowl ~ **4.95**  
Homemade Chicken Noodle Soup with **a dash of cream**. Best ever, don't need no other.

## *Blast Off Chili*

cup ~ **3.95** bowl ~ **5.95**  
Homemade kick-butt chilli and beans with sharp cheddar cheese, sour cream and red onions.