



**BETTY'S**  
beach cafe

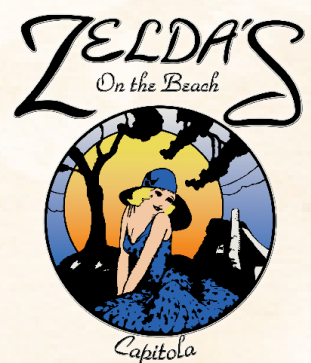
— EAT \* MEET \* DRINK —



SAN DIEGO, CA

**IDEAL**  
*Bar & Grill*

SANTA CRUZ, CA



CAPITOLA, CA

Breakfast served until 12pm M-F, 2pm Saturday and Sunday

Add \$2 for egg whites on the following egg items

## Betty's Basic Eggs

served with Betty's tasty homefries and toast | sub steamed white rice for homefries

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### Just Eggs 6.95

basic still works | 3 fresh eggs, your way

### The Classic 9.95

the classic choice of bacon or sausage links with 3 eggs, any style

### Choices 11.95

ham steak or burger patty, with 3 eggs, any style

### Islander 15.95

grilled mahi mahi topped with pineapple salsa, served with 3 eggs any style

## Betty's House Omelettes

3 egg omelets served with Betty's homefries and toast | sub steamed white rice for homefries

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### Cheese Omelette 8.95

mixture of jack and cheddar cheeses

### Denver Omelette 11.95

ham mixed with bell peppers, onions, and cheese

### Bacon & Spinach Omelette 11.95

bacon and spinach sautéed with green onions, and cheese

## Betty's Scrambles

3 egg scrambles served with Betty's homefries and toast | sub steamed white rice for homefries

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### Mushroom & Spinach Scramble 10.95

mushroom and spinach sautéed with onions and cheese

### Betty Jo's Scramble 11.95

ground beef, mushrooms, spinach, onions, and cheese

### Green Chili and Tortilla Scramble 10.95

green chilies and tortilla with tomatoes, green onions, and cheese

### Sausage Scramble 11.95

sausage scrambled with tomatoes, green onions, and cheese

## Betty's Other Stuff

### Messy Betty 12.95

3 fresh eggs with Ortega chilies, green onions, tomatoes, home fried potatoes, cheese, all scrambled together with fresh salsa

### Mahi Benedict 16.95

toasted English muffin topped with grilled mahi mahi, poached eggs, and hollandaise sauce, served with homefries

### Loco Moco 11.95

charbroiled beef patty over steamed white rice topped with Betty's homemade gravy, and 2 eggs over medium

### Veggie Benedict 13.95

toasted English muffin topped with poached eggs, spinach, tomato, and hollandaise sauce, served with homefries

### Huevos Rancheros 10.95

2 eggs over medium, served over flour tortillas, pinto chili beans, topped with cheese, tomatoes, green onions, Betty's salsa, and sour cream

### Betty's Corn Beef Hash 11.95

tender corn beef mixed with onion, bell peppers, and Betty's seasoned spuds topped with 2 poached eggs

### Eggs Benedict 15.95

toasted English muffin topped with Canadian bacon, poached eggs, and hollandaise sauce, served with homefries

### Fruit Plate 9.95

fresh seasonal fruit served with yogurt

### Granola & Yogurt 8.95

crunchy granola served with yogurt

### French Toast 9.95

thick French toast served with whipped butter, and syrup

### Pancakes 7.95

3 pancakes served with whipped butter, and syrup

### Banana Nut Pancakes 9.95

3 banana nut pancakes served with whipped butter, and syrup

### Betty's Pancake Party 13.95

2 of the following: Betty's pancakes, eggs, bacon strips, sausage links, served with whipped butter, and syrup

## Betty's Sides & Subs

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Side Homefries 3.95

Side 2 Eggs 3.95

Side Tortillas 2.50

Side Toast 1.95

Side Pinto Chili Beans 2.95

Side Sliced Tomatoes 3.95

Side Yogurt 3.95

Side Bacon 4.95

Side Sausage 4.95

Side Ham 4.95

Sub Pinto Chili Beans 1.95

Sub Sliced Tomatoes 2.95

## Betty's Tasty Pupus

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### Cheese Quesadilla with Grilled Pineapple Salsa 8.95

with chilies and green onions | **add kalua pork or grilled chicken • 5.95**

### Chili & Cheese Fries 7.95

crispy natural fries tossed with Cajun seasoning and covered with pinto chili beans and cheese

### Spicy Chicky Wingys 9.95

tasty wings tossed in our zesty Hawaiian buffalo sauce and served with green onion ranch dip

### Chips & Salsa 5.95

fresh tortilla chips served with our spicy homemade salsa

### Crispy Fries 5.95

tasty French fries deep fried to a golden crisp

### Mahi Ceviche 8.95

Betty's homemade ceviche made with mahi, tomatoes, onions, cilantro, cucumbers and lime juice, served with fresh tortilla chips

### Betty's Most Tasty Nachos 11.95

crispy fresh corn tortilla chips topped with pinto chili beans, melted cheese, green onions, diced tomatoes, chilies, black olives, salsa, and sour cream

**add kalua pork or grilled chicken • 5.95**

## Betty's Yummy Salads

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### Pineapple Sesame Chicken Salad 14.95

locally grown chilled greens and shredded cabbage, green onions, tomatoes, cucumbers, fresh pineapple, topped with sesame chicken; finished with a soy-ginger and sesame vinaigrette

### Caesar Salad 10.95

crisp romaine tossed in creamy Caesar dressing, garlic croutons, and parmesan cheese

**add grilled chicken or blackened mahi mahi 5.95**

### Chicken Nacho Salad 14.95

crispy tortilla chips topped with pinto chili beans, locally grown mixed greens, and cabbage; dressed with vinaigrette dressing, grilled chicken, cheese, green onion, diced tomatoes, black olives, salsa, and sour cream

### Betty's Garden Salad 10.95

locally grown crisp mixed greens topped with tomatoes, red onion, carrots, cucumbers, hard boiled egg, croutons, black olives, cheese, and choice of dressing

**add grilled chicken or blackened mahi mahi 5.95**

## Betty's Featured Plates

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### Teriyaki Sesame Chicken Breast & Grilled Pineapple 16.95

charbroiled chicken breast basted in Betty's honey ginger teriyaki sauce and topped with grilled pineapple, served with steamed white rice and Betty's fresh slaw

### Blackened Chicken & Sautéed Cabbage 15.95

chicken breast skillet blackened with Cajun spices and finished with a honey Dijon aioli and green onions, served with steamed white rice and Betty's fresh slaw

### Betty's Fish & Chips 16.95

lightly seasoned and breaded mahi mahi, fried crispy golden, served with French fries and Betty's fresh slaw

### Island Fever Mahi Mahi 16.95

lightly seasoned and charbroiled mahi mahi, topped with roasted pineapple salsa, served with steamed white rice and Betty's fresh slaw

### Miss Mac & Cheese 10.95

oh so creamy macaroni & cheese, served with a side of Betty's fresh slaw

**add grilled chicken, blackened mahi mahi, or kalua pork • 5.95**

### Kalua Pork & Cabbage 14.95

dry spice rubbed kalua pork, slow roasted and finished with pineapple ginger BBQ sauce, served with steamed white rice and Betty's fresh slaw

Betty's Burgers and Sandwiches are served with Betty's Slaw  
Sub French fries, pinto chili beans for additional 1.95 or sliced tomato for 2.95  
Add cheese, grilled onions, mushrooms, pineapple, or pinto chili beans for additional 1.25  
Add bacon for additional 2.50

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## Betty's Juicy Burgers & Hot Buns

all burgers are 1/2 lb choice beef patty grilled to a juicy medium & served on a fresh hot bun with crisp lettuce, tomatoes, onion, dill pickle, & Betty's Secret Sauce

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### Betty's Basic Burger 10.95

juicy meat, hot buns, oh yeah!

### Mushroom Burger 12.95

topped with grilled mushrooms and cheese

### Beach Boy Hula Burger 12.95

grilled pineapple & onion, cheese, and Betty's honey ginger teriyaki

### Gimme Bacon Burger 13.95

with smoky bacon and cheese

### Blazing Saddles 12.95

with chilies, pinto bean chili, cheese, and chopped onions

### Betty's Burger Melt 12.95

beef patty, grilled onions, cheese on sliced sourdough

## Betty's Sandwiches

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### Teriyaki Chicken Breast & Grilled Pineapple 12.95

breast of chicken charbroiled and basted with a honey ginger teriyaki glaze, topped with fresh grilled pineapple and served on a fresh bun

### BBQ Chicken Breast Sandwich 12.95

breast of chicken charbroiled and smothered with a pineapple ginger BBQ sauce and served on a fresh bun

### Splendor in the Grass (vegetarian) 10.95

crisp lettuce, sliced tomato, red onion, sliced cucumbers, dill pickle, black olives cheese, and Betty's zesty mango mustard aioli, served on sliced sourdough

### BBQ Kalua Pork Sandwich 12.95

kalua pork topped with grilled onions, Betty's Slaw, & pineapple ginger BBQ sauce, served on a fresh bun

### Albacore Tuna Salad Sandwich 11.95

served the cold classic way with crisp lettuce, sliced tomato, and red onion, served on sliced sourdough bread

### Albacore Tuna Salad Melt 11.95

served with cheese on grilled sourdough bread

### Grilled Mahi Mahi Sandwich 13.95

grilled fresh mahi mahi topped with lettuce, sliced tomato, and zesty mango mustard aioli served on a fresh bun

## Quesadillas, Soft Tacos, & Wraps

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### Garden Quesadilla 10.95

grilled flour tortilla stuffed with cheese, green onions, roasted peppers and served with Betty's salsa, and sour cream | **add chicken or kalua pork 5.95**

### Blackened Mahi Mahi Quesadilla 15.95

grilled flour tortilla filled with cheese, green onions, roasted peppers, and our spicy blackened mahi mahi, served with Betty's salsa, and sour cream

### Mamacita's Fish Tacos 15.95

2 flour tortillas filled with grilled mahi mahi, shredded cabbage, cilantro, tomatoes, and green onions, served with pinto chili beans, Betty's salsa, and sour cream

### Chicken Club Wrap 14.95

charbroiled chicken, lettuce, tomato, cheese, bacon, lightly tossed with balsamic dressing and a drizzle of ranch, all wrapped up in a flour tortilla

### Caesar Veggie Wrap 10.95

crisp caesar salad, tomatoes, cheese, cucumbers, & olives wrapped in a flour tortilla | **add grilled chicken, mahi mahi, or kalua pork • 5.95**

### Jr's Meaty Tacos 13.95

2 flour tortillas stuffed your choice of kalua pork or chicken, shredded cabbage, cilantro, tomatoes, & green onions, served with pinto chili beans, and Betty's salsa

# Betty's Specials



## Maine Lobster Dinner

every Wednesday after 4pm

Enjoy a Whole Maine Lobster from  
the cold waters of Kona  
served with rice for just \$14.95!  
additional purchase required



## Saturday & Sunday Brunch

Join us every Saturday and  
Sunday and enjoy  
\$2 Champagne or  
Mimosas with the purchase of  
a brunch entrée. 8am-2pm



Join us for  
**Happy Hour**  
7 Days a Week 2pm-5pm  
& 9pm-11pm  
\$2 Margaritas, \$3 Mai Tais  
\$4 Mojitos, \$4 Kona Beers  
\$5 Mahi Ceviche



## Signature Cocktails

### Watermelon Lime Drop

watermelon flavored vodka, fresh squeezed lime, sugar, triple sec, and a splash of sweet & sour, served in a sugar rimmed glass

### Raspberry Cosmopolitan

raspberry flavored vodka with fresh squeezed lime juice, cranberry juice, and a splash of triple sec

### Passion Fruit Lemon Drop

passion fruit flavored vodka, fresh lemons, sugar, a splash of triple sec, and sweet & sour, served up in a sugar rimmed glass

### Passion Fruit Cooler

passion fruit flavored vodka, 7-up, and a splash of cranberry juice and orange juice

### Raspberry Limeade

raspberry flavored vodka with fresh squeezed limes, sweet & sour, and a splash of 7-up

### Mojito de Cuba

fresh mint, light rum, sugar, and fresh squeezed limes, and a splash of soda water

### Watermelon Lemonade

watermelon flavored vodka, fresh lemon juice, triple sec, and a splash of sweet & sour and 7-up

### Malibu Planters Punch

tropical Malibu rum, pineapple juice, orange juice, lime juice, topped with a float of dark rum

### Tropical Itch

smooth Captain Morgan rum, pineapple juice, lime juice, a splash of cranberry, with a dark rum floater

### Lava Flow

a molten creation of light rum blended together a coconut and strawberries, topped with whipped cream

### Bahama Mama Colada

creamy Bailey's Irish Creme blended together with rum, fresh bananas, coconut, and topped with whipped cream

### Betty's Mango Margarita

tasty Hornitos tequila, mangos, sweet & sour, and lime fresh lime juice, served blended or on the rocks

## Beverages

Iced Tea, Soft Drinks, Milk, Hot Tea \$3.50

Fresh Maui Oma Coffee, Hot or Iced \$3

Juice \$5

(Orange, Pineapple, Cranberry, Guava, POG, Tomato, Grapefruit)

Virgin Mojito \$5

Milkshake \$6

(Chocolate, Vanilla, Strawberry, Mango)

Add Oreo Cookie Crumbles \$1

Strawberry & Banana Smoothie \$5

Mango Breeze \$5

Strawberry Lemonade \$5

Virgin Lava Flow \$5

