

The Morning Essentials

(Served until Noon)

Health Nut Parfait — \$3.50

Large yogurt cup layered with granola, shaved almonds, fresh fruit and a drizzle of honey.

The Usual — \$4.00

Egg and cheese sandwich with your choice of bacon or turkey sausage. On your choice of bread, wrap or bagel.

Early Riser — \$4.75

Egg, turkey sausage, guacamole and sautéed spinach. On your choice of bread, wrap or bagel.

Pastries & Things

(When Available)

Brownie \$2.50

Cookie // Muffin \$2.00

Apple Turnovers \$2.75

Crumb Cake \$2.50

Bagel \$1.75

Bagel w/butter \$2.00

Bagel w/cream cheese \$2.25

BEVERAGES

HOT DRINKS	Sml	Med	Lrg	COLD DRINKS	16 oz
	12 oz	16 oz	20 oz		
COFFEE	1.99	2.40	2.99	FRESH BREWED BLACK OR RASPBERRY ICED TEA	1.50
HOT CHOCOLATE	1.99	2.40	2.99		
HOT TEA	1.99	2.40	2.99		
CAPPUCCINO	3.75	3.99	4.25	CANS/BOTTLED WATER	1.50
CAFÉ AU LAIT	3.75	3.99	4.25	ORANGE JUICE	2.00
CAFÉ MOCHA	3.75	3.99	4.25	SNAPPLE	2.25
LATTE	3.75	3.99	4.25	ICED COFFEE	2.25
				ICED MOCHA	5.45
				ICED LATTE	5.45
				ICED CAPPUCCINO	5.45

CHOOSE YOUR MILK

WHOLE // SOY OR ALMOND MILK (ADD \$0.50)

ADD SOME FLAVOR

FLAVOR SHOTS \$0.25 // ESPRESSO SHOT \$2.25 // DOUBLE ESPRESSO SHOT \$3.50



FABLES cafe

IN THE DOWNTOWN PUBLIC LIBRARY

1 LAFAYETTE SQUARE // BUFFALO, NY

716-858-7127 // FABLESCAFE.COM

FOLLOW US ON TWITTER @ FABLESCAFE

www.facebook.com/fablescafe/

INSTAGRAM: Fablescafe 1

CATERING // free office delivery

DINE IN // TAKE OUT

OPEN 8:30 AM - 3:00 PM MONDAY - FRIDAY

info.fablescafe@gmail.com

LOOK FOR OUR FALAFEL BAR FOOD TRUCK

ASK ABOUT OUR SPECIALS!



PROUDLY SERVING
LOCALLY OWNED &
OPERATED
McCULLAGH COFFEE



Sandwiches & Such

(All sandwiches served with a petite salad and cookie)

Veggie Delight — \$6.50 VEGAN

Hummus, spinach, tomato, onion and guacamole in a pita.

Quinoa Pita Pocket — \$7.00 VEGAN

Quinoa, spinach, onion and our black bean & corn salsa in a pita.

Hummus Pita Pocket — \$7.00 VEGAN

Hummus with romaine lettuce, tomato, cucumber and onion in a pita.

Simple Pita Pocket — \$6.50

Your choice of chicken salad, tuna salad or egg salad in a pita with lettuce, tomato and onion.

Classic Tuna Melt — \$7.00

Our house tuna salad with tomato and cheddar cheese melted on Rye.

The B.L.T. — \$7.00

Crispy Applewood smoked bacon, lettuce, tomato and honey mustard, mayo or get crazy with both. Served on white.

Cali Club — \$10.00

Turkey, Applewood smoked bacon, Brie cheese, spinach, tomato, guacamole and raspberry aioli between three pieces of wheat toast.

Turkey & Warm Brie — \$8.50

Smoked turkey with warm Brie, lettuce, tomato and raspberry aioli served on a roll.



Swap the salad for chips
OR a cup of soup for \$2.00

Traditional Cuban — \$9.25

Smoked ham, pulled pork, melted Swiss cheese, crispy pickles and mustard on a roll.

Black & Blue — \$8.50

Blackened chicken breast with crumbly blue cheese, sweet peppers, sautéed onions and chipotle mayo. Served on a roll.

The Quattro — \$7.50

A gourmet blend of four cheeses and tomatoes grilled on white bread.

Loaded Quattro — \$8.50

The Quattro with Applewood smoked bacon and sautéed onions.

Modern Grilled Cheese — \$8.75

Brie and cheddar cheeses, sautéed onions, Applewood smoked bacon and Granny Smith apples drizzled with honey and grilled on white.

Kid's Grilled Cheese — \$4.00

Just cheese please.

Kid's PB&J — \$3.50

Peanut butter and jelly.
We'll even cut the crust off.

The Salads

The Garden — \$6.50 VEGAN

Mixed greens topped with cucumber, tomato, red onion, carrot and shaved radish. Served with Vinaigrette dressing.

The Cobb — \$10.00

Romaine lettuce topped with Applewood smoked bacon, grilled chicken, crumbly blue cheese and a hard boiled egg. Served with Ranch dressing.

The Greek — \$8.00

Romaine lettuce topped with tomato, cucumber, red onion pepperoncini, olives and Feta cheese. Served with Greek dressing.

The Fattoush — \$8.00 VEGAN

Romaine lettuce topped with tomato, cucumber, red onion and Zatar seasoned pita chips. Served with Vinaigrette dressing.

The Spa — \$8.50

Mixed greens topped with seasonal fresh fruit, shaved almonds, crumbly blue cheese and red onion. Served with Vinaigrette dressing.

Combo Platters

Duet of Soups — \$6.75

Your choice of two soups. Served with a petite salad and mini cookie.

Soup & Salad Combo — \$7.25

A cup of soup served with the half salad of your choice.

Trinity Combo — \$8.50

Our half wrap of the day served with a petite salad, cup of soup and mini cookie.

Hummus Plate — \$5.50

Homemade hummus with pita. Served with sliced tomato, cucumber, olives and pepperoncini.

Mediterranean Plate — \$8.00

A Fattoush salad served with homemade hummus and pita.

Build Your Own Sandwich // Starting at \$6.50

(Topped with lettuce, tomato and onion)

① Holding It Together

Country White
Whole Wheat
Seeded Rye
Pita Pocket
White, Wheat or
Spinach Wrap

Costanzo's Roll - \$1.00

Gluten Free Wrap - \$1.00

③ Cheese Please (add \$1.00)

Swiss // Provolone // American // Cheddar // Crumbly Blue

Feta - \$1.25

Brie - \$1.50

Awesome Extras & Add Ons

Bacon \$1.50
Guacamole \$1.00
Corn & Black Bean
Salsa..... \$0.75
Shaved Almonds... \$0.50
Hard Boiled Egg.....\$0.75
Roasted Red
Peppers.....\$0.75
Grilled Chicken..... \$2.50
Tuna Salad, Egg Salad
or Chicken Salad... \$2.50
Quinoa..... \$0.50
Pulled Pork..... \$2.50
Cheese \$1.00
Avocado..... \$1.00
Goat Cheese..... \$1.50

Condiments

Ranch
Mustard
Honey Mustard
Mayonnaise
Chipotle Mayonnaise
Raspberry Aioli



Fresh Soups Available Daily

\$3.25 (CUP)

\$4.25 (BOWL)