



THE MEDITERRANEAN RESTAURANT
Est. 1989

"Take Your Taste to a Different Place"

MENU

LUNCH HOURS

MONDAY-SATURDAY 11-4 PM

DINNER HOURS

MONDAY-SATURDAY 4-9 PM

CLOSED SUNDAY

Distinctive catering for all occasions

Private banquet and meeting room

1736 Western Ave. Albany, NY 12203

www.bfsrestaurant.com

518-452-6342

Fax- 518-452-1498

E at Better Fresher Smarter

APPETIZERS

*** Roasted Eggplant Dip (Babaghanooj)**

Roasted eggplant puree with tahini, lemon juice, garlic and sprinkled with olive oil.....\$8

*** Baked Brie (Golash bel Geben)**

Brie cheese, walnuts and brown sugar wrapped and baked in puff pastry\$9

*** Lebanese Mini Maza (Mazaat)**

Servings of hummus, babaghanooj, taboleh and cucumber tomato salads over greens.....\$10

Cyprus Shrimp (Cyprus Garithes)

Shrimp stuffed w/ crab meat & wrapped and baked in puff pastry.....\$8

*** Dolmas (Wara2 3nab-bi-Zeyt)**

Grape leaves stuffed with rice and spices and served with tzatziki sauce.....\$8

*** Spinach Pie (Spanakopita)**

Phyllo dough stuffed with a fresh mixture of spinach and imported feta and ricotta cheese.....\$8

*** Chick Pea Dip (Hummus-bi-Tahini)**

Chick peas pureed with tahini, lemon juice and garlic drizzled with olive oil.....\$8

*** Spinach Pockets (Fatayer-bi-Sabane7')**

Sautéed spinach with onions and sumac baked in a bread pocket.....\$8

Sampler Appetizer (Mezedes)

A variety featuring spinach pocket, dolmas, hummus, kibbe ball with tzatziki sauce.....\$12

*** Taboleh Boat (Taboleh-bi-Banadorah)**

Fresh taboleh salad on a bed of romain leaf, red onions & olives.....\$8

Kibbe Balls (Kibbe Kebab)

Ground lamb, bulgur shell filled w/lamb, onions & pine nuts, w/ cucumber yogurt sauce.....\$9

*** Baked Goat Cheese (Geben Ma3ez fel Forn)**

Baked with fresh tomato, roasted red peppers & kalamata olives, served with toasted pita.....\$9

*** Grilled Portabella Mushrooms (3esh el 3'orab Mashwy)**

Marinated, grilled and topped with herbed goat cheese, red onions & parsley.....\$9

*** Insalata Caprese (Gebn Mozzarella bel Tamatem)**

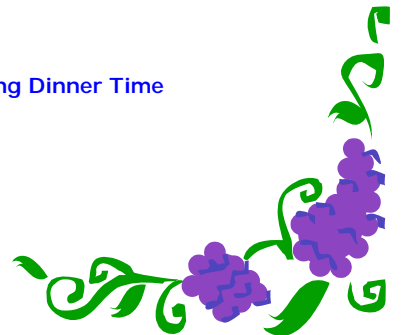
Fresh Mozzarella layered with fresh tomato and drizzled with basil pesto\$10

*** Hummus Crudités Platter (Hummus ma3 7'odar)**

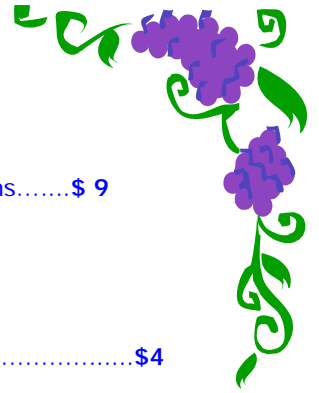
A sampling of our three famous Mediterranean Hummus dips served with crudités vegetables.....\$12

*Vegetarian-

All Appetizers are served with pita bread or rolls. Zaatar Oil Dip Is Served During Dinner Time



SOUP & SALADS



Salads (Salatat) with a choice of dressing

Caesar Salad (Salata - Insalata)

Mixed greens tossed with Caesar dressing, grated parmesan cheese and croutons.....\$ 9

Additional toppings :

Grilled Chicken, Grilled Shrimp,

Cajun Tuna or Cajun Chicken and Sliced Leg of Lamb.....\$4

Antipasto Salad (Salata l6aliah)

Mixed greens topped with Italian meats, cheese, and marinated vegetables topped with Italian dressing.

.....\$10 For two \$14

* Greek Salad (Salata Yonanni)

Mixed greens topped with feta cheese, red onions, red peppers, artichoke hearts, pepperoncini, kalamata olives and Greek dressing.....\$10 For two \$14

* Fattoush Salad (Salata Fattoush)

Mixed greens topped with diced fresh vegetables, mint, toasted pita chips and drizzled with our special dressing.\$10 For two \$14

* Lebanese Salad (Salata Lebnaneah)

Mixed greens and cucumber tomato vinaigrette salad with chick peas and toasted pita bread.....\$10 For two \$14

* Falafel Salad (Salata-bi-Falafel)

Mixed greens, tomato cucumber salad and crispy falafel with our own tahini sauce.....\$10 For two \$14

* Artichoke Salad (Salata Ardichawki)

Artichoke hearts and roasted red peppers over mixed greens with vinaigrette dressing
.....\$10 For two \$14

Spinach Salad (Salata Sabane7')

Fresh spinach topped with warm crispy bacon dressing, roasted red peppers, and red onion.....\$10

Chef Salad (Salatet el Taba7')

Sliced turkey, ham and Swiss cheese and egg salad, over mixed green salad.....\$10

Cold Salad Platter (Salatat Barda)

Tuna, Chicken, Seafood or Egg salad over mixed greens with a choice of side salad.....\$12

House Garden Salad (Salatet el Mad3am).....\$6

Additional toppings :

Grilled Chicken, Shrimp, Cajun Tuna or Cajun Chicken and Sliced Leg of Lamb.....\$4

Soups (Shawrabat)

Choose from our famous Homemade Soups (Ask your Server).....\$4

Today's choice of Soup and house garden Salad.....\$9

BFS Express (El Sare3)

Your choice of Today's 1/2 sandwich & Soup or House Salad.....\$9

*Vegetarian

From The BFS Board

Menu Items on this page are available during lunch
and Dinner hours (11am-9pm)

Cold Sandwiches Board

Prepared with lettuce, tomato, onions
Pickles, salad du Jour, choice of dressing
and choice of bread or roll

- A. Bacon, lettuce & Tomato
- B. Italian Mixed
- C. Chicken Salad
- D. Egg Salad
- E. Roast Beef and Swiss
- F. Roasted Turkey Bacon & Swiss
- G. Salami, Roasted Red Peppers and Provolone
- H. Seafood Salad
- I. Smoked Turkey & Provolone
- J. Tuna Salad
- K. Liverwurst and red onions
- L. Customize your own Sandwich

If it's Fresh..... its got to be BFS

All Cold Subs/Sandwiches.....\$8 ea

Hot Subs/Sandwiches

Prepared to order,
on a choice of bread deli rye, whole
wheat, sub roll or hard roll

- #1. Hot pastrami and Swiss
- #2. Eggplant Parmesan
- #3. Chicken Parmesan
- #4. Smoked Turkey, bacon & Provolone cheese
- #5. Italian Meatballs Parmesan
- #6. Battered eggplant, roasted Red peppers & Provolone
- #7. Grilled Vegetables, Pesto & melted Mozzarella cheese
- #8. Hot Corned Beef and Swiss
- #9. Bluefish and Cole Slaw
- #10. Grilled Veggie Burger w/lettuce, tomato, onions

Your challenge is to choose your favorite !!!

All Hot Subs/Sandwiches.....\$9 ea

No substitutions please . A separate charge may be added.

BFS

Specialty Sandwiches

New Yorker

Roast Beef, Cole slaw & melted Swiss on Rye with horseradish Sauce

Suffolk

Hot pastrami, corned beef & melted Swiss on Rye with Russian dressing

Queens Melt

Grilled tuna salad, sliced tomato & Melted Swiss on Rye

Brooklyn

Baked Ham with melted Swiss on Rye with mustard

Hudson

Boars Head Ham, roasted turkey and Swiss on Rye with mustard

Albany Reuben

Corned beef, sauerkraut & Swiss on Grilled Rye with Russian dressing

Little Italy

Cappicola, ham, salami, pepperoni, roasted red peppers & provolone on Italian bread Or Sub roll

Westchester Vegetarian

Mixed greens, tomato, cucumbers,peppers, avocado, red onions, on whole Grain Wheat with Italian dressing

Staten Island

Grilled Chicken, tomato & melted Muenster on Kaiser Roll with honey mustard.

The LaGuardia

Roasted Turkey, homemade stuffing On Kaiser roll with our cranberry sauce

All Specialty Sandwiches.....\$9

BFS

Med/ Club Sandwiches

Prepared with lettuce, tomato, bacon and choice of dressing on Rye Or Italian bread 'Tripple Decker'

Hey No Appologies Here!! Just Open Wide

Your challenge is no doggie Bag !!!

The Muffalatta

New Orleans' style mixed meats and cheese topped with special olive salad dressing

The Columbia

Roast Beef, Ham, Roasted Turkey & Provolone cheese

The Stuyvesant

Hot Pastrami, Roasted turkey, Salami and Melted Swiss cheese

The Mediterranean

Imported Proscuitto, fresh Mozzarella Roasted peppers and pesto dressing

The Guilderland

Sliced Grilled Chicken breast, melted American cheese and our special olive salad dressing

The Avenue

Boars Head ham, corned beef and Melted Muenster cheese

The Corporate

Roast Beef, horseradish sauce and melted American cheese

My OWN BFS Clubber

Build Your Own Club Sandwich with the choice of two meats and one cheese On choice of bread with fixings

All Med/ Clubs are.....\$9

We proudly serve Boar's Head Brand premium delicatessen meats

All served with chef's choice salad du jour

No Substitutions please. A separate sharing charge may be added.

STUFFED WRAPS

Our Famous Stuffed Wraps

	<i>TUNA SALAD</i> with artichokes.....	\$9
	<i>GRILLED CHICKEN ITALIANO</i> w/Mozzarella cheese & Pesto.....	\$9
*	<i>FALAFEL</i> w/our own sesame Tahini sauce.....	\$9
	<i>GRILLED CHICKEN</i> w/ choice of sesame Tahini, garlic or tzatzicki sauce.....	\$9
	<i>GREEK SALAD</i> w/our own vinaigrette dressing.....	\$9
	<i>GYRO</i> w/cucumber mint yogurt sauce.....	\$9
*	<i>HUMMUS</i> w/ Imported Feta.....	\$9
*	<i>TABOLEH</i> Salad with Hummus or Babaghanooj.....	\$9
	<i>SLICED ROASTED LEG OF LAMB</i> w/our garlic sauce.....	\$9
*	<i>SPINACH</i> , imported Feta, Kalamata olives & toasted almonds.....	\$9
*	<i>LENTIL SAUTE</i> , imported Feta & red pepper hummus.....	\$9
*	<i>GRILLED EGGPLANT</i> w/imported Feta and Pesto.....	\$9
	<i>PROSCIUTTO</i> w/fresh Mozzarella cheese, sun dried tomato and Pesto.....	\$9
*	<i>GRILLED PORTABELLO MUSHROOM</i> w/ goat cheese.....	\$9
	<i>PAN SEARED CAJUN TUNA</i> w/roasted red pepper sauce and coleslaw.....	\$9
	<i>PAN SEARED CAJUN CHICKEN</i> w/roasted red pepper sauce and coleslaw.....	\$9
*	<i>BATTERED EGGPLANT</i> , Roasted Red Peppers and melted provolone cheese.....	\$9
*	<i>GRILLED VEGETABLES</i> and Melted Mozzarella cheese.....	\$9
	<i>"THE LITTLE ITALY"</i> Italian Mixed Meats, Provolone Cheese & roasted peppers.....	\$9

*All wraps include lettuce, tomato, cucumber, carrots, olives and onions
All wraps served with chef's choice of side salad {Served for Eat In Only}*

* Vegetarian



LUNCH SPECIALS



Turkish Dolmas Platter (Dolmathakia)

Grape leaves filled with rice and spices served over mixed greens accompanied by hummus, Greek pasta salad and cucumber tomato salad.....\$12

Vegetarian du Jour

Lentils sauté, vegetable & spinach korma, Basmati rice and roasted red pepper Hummus....\$12

Lebanese Maza Sampler

Maza, including, hummus, babaghanooj, taboleh, chick pea, tomato cucumber salads, grape leaves and a falafel.....\$12

Syrian Shawarma (Gyro) Platter

A blend of ground tender lamb and beef broiled, sliced and topped with our cucumber mint yogurt sauce, served with hummus, tomato cucumber and Greek pasta salads.....\$12

Egyptian Falafel Platter

Crisp croquettes of dried beans and spices over mixed greens served with hummus, cucumber tomato, chickpea and taboleh and topped with our own tahini sauce.....\$12

Greek Spinach Pie (Spanakopita)

Crispy layers of fillo dough stuffed with a fresh mixture of spinach, imported Feta and Ricotta cheese baked to perfection. Served with babaghanooj, grilled vegetables and chick pea salad.....\$12

Spanish Grilled Vegetable Platter

Assorted grilled vegetables sprinkled w/ sumac spice served over mixed greens accompanied by babaghanooj, chick pea salad, and Greek pasta salad.....\$12

Pizza a la Zeus

Pizza with fresh Mozzarella, tomatoes, artichokes, Kalamata olives and Feta cheese\$9

Our Famous *Panini* Selections

Choose from the following selections, all prepared on grilled Italian panini bread.....\$9

- * **Sliced Roast Beef**, melted cheddar, tomato, carmalized red onions & horseradish dressing
- * **Smoked Turkey**, melted provolone, tomato, bacon, carmalized red onions & honey Dijon
- * **Portabello Mushroom**, roasted red pepper, artichoke, goat cheese & sundries tomato pesto
- * **Mortadella, Salami, Capicola**, provolone, tomato, roasted peppers, red onions & dressing

* **Available during lunch hours 11 am-4 pm ONLY.**

**Note that other lunch specials are offered and are subject to change daily.

VEGETARIAN

Spinach Pie (Spanakopita)

Crispy layers of fillo dough stuffed with a fresh mixture of spinach, imported Feta cheese and Ricotta cheese baked to perfection. Served with babaghanooj , grilled vegetables and chick pea salad sprinkled with feta cheese.....\$19

Grilled Vegetable Platter

Assorted grilled vegetables sprinkled with sumac spice and served over mixed greens accompanied by babaghanooj, chick pea salad, and Greek pasta salad.....\$18

Dolmas Platter (Dolmathakia)

Grape leaves filled with rice and spices served over mixed greens accompanied by hummus, Greek pasta salad and cucumber tomato salad served with tzatzicki sauce.....\$18

Lebanese Maza Sampler

Samples of many different lebanese dishes served over mixed greens including, hummus, babaghanooj, taboleh, chick pea, tomato cucumber salads, grape leaves and a falafel.....\$21

Falafel Platter

Crisp croquettes of dried beans and spices over mixed greens served with hummus, cucumber tomato, chickpea and taboleh and topped with our own Tahini sauce.....\$18

Eggplant Parmigiana

Breaded and baked eggplant smothered in our own marinara sauce then topped with Mozzarella and Parmesan cheeses and served with baked ziti.....\$18

Vegetable Lasagna

Fresh lasagna past sheets layered with fresh vegetables, our four cheese mixture and smothered in our homemade marinara sauce and served with steamed vegetables.....\$18

Vegetarian du Jour

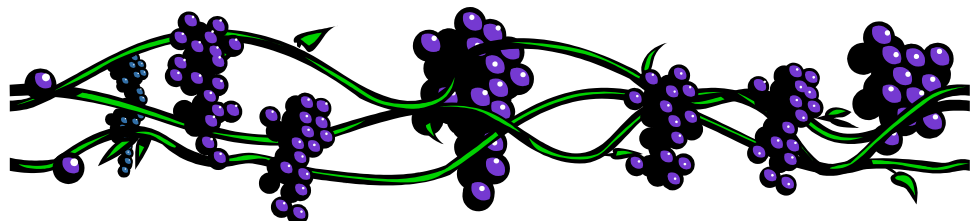
Lentils sauté, vegetable & spinach korma prepared with Mediterranean spices, garnished with Imported Feta, served with Basmati rice pilaf and roasted red pepper Hummus.....\$20

Patlican Kabob (Eggplant)

Eggplant, peppers, mushrooms and red onions marinated and grilled on a skewer served with Basmati rice pilaf and vegetable korma.....\$18

BFS Carry Out Service Offers A Full Array of Prepared Foods To Take Home for Dinner or Last Minute Entertainment Needs.

See our Monthly *Gourmet-on-the-Go Display or Menu*





Pasta (Macaroni) Entrees

Pasta Sautés (Made to order).....\$19

Ala Mediterranean w/grilled eggplant, tomato, roasted red peppers & Feta

Ala Pesto, with grilled chicken, Calamata olives, garlic & toasted pine nuts

Ala Pomodoro with sun dried tomatoes, roasted red peppers & capers

Ala Puttanesca with fresh tomatoes, Calamata olives, artichokes and garlic

*ALL served on a bed of Spinach

Tri-Color Tortellini Ala Shrimp

Jumbo Shrimp Sautéed w/ roasted red peppers, pesto, sun dried tomato, Feta & Parmesan cheeses, fresh tomato & garlic served on a bed of tri-color tortellini.....\$21

Vegetable Lasagna Ala Lexi

Fresh lasagna noodles layered with vegetables and fresh cheese sauce topped with sautéed spinach, fresh tomatoes, artichoke hearts, fresh garlic, roasted red peppers, Parmesan cheese & marinara sauce served on a bed of fresh spinach.....\$20

Pesce (Fish) Entrees

Grilled Swordfish

Fresh swordfish marinated in olive oil, lemon juice, garlic & spices then grilled and served with our special Tahini Sauce. Served with Basmati rice and vegetable du jour.....\$20

Shrimp Kabobs

Succulent jumbo shrimp marinated in special herbed vinaigrette and grilled with a vegetable skewer served with Tahini sauce, over Basmati rice and pine nuts.....\$20

Blackened Tuna Steak

Pan seared tuna steak smothered with Cajun spices and topped with roasted red pepper sauce. Served with roasted garlic new potatoes and vegetable du jour.....\$20

Baked Shrimp Casserole (Karides Kusadasi)

Shrimp sautéed with artichokes, roasted red peppers, fresh tomato, fresh garlic, onions, Feta and Greek cheeses. Served on a bed of spinach.....\$21

Seafood Stuffed Sole

Boneless filet of sole stuffed with a crabmeat stuffing and served with pasta du jour and steamed vegetables and topped with our special creamy seafood wine sauce.....\$20

Roasted Herbed Salmon

Fresh herbed roasted Salmon filet with jumbo shrimp topped with creamy seafood wine sauce, served over a bed of fresh spinach, tricolor tortellini and vegetable du jour.....\$21

MEAT & POULTRY

Mediterranean Sampler [This Is It!] *A Great Dish To Sample Many Favorites*

A sampling of our *famous* Mediterranean dishes including Hummus, Taboleh, Chick Pea Salad, Tomato Cucumber, Spanakopita, Baked Kibbee, Moussaka & stuffed grape leaves.....\$21

Roasted Zaatar Chicken (Dajaj -Mohammara)

Chicken breasts smothered with a special zesty Zaatar spice and ground mustard roasted to perfection and served with roasted garlic new potatoes and vegetable du-jour.....\$18

Baked Kibbe (Kibbe-bi-Saniyeh)

Layered kibbe stuffed with sautéed lamb, onions, pine nuts, herbs and spices, topped with our own cucumber mint yogurt sauce, served with taboleh, chick pea and hummus\$19

Shawarma (Gyro) Platter

A blend of ground tender lamb and beef broiled, sliced and topped with our cucumber mint yogurt sauce, served with hummus, tomato cucumber and Greek pasta salads.....\$18

Chicken Parmigiana

Breaded and baked chicken breast smothered in our own marinara sauce and topped with Mozzarella cheese served with baked ziti\$18

Moroccan Chicken (Dejaj-bil-Zaitun)

Chicken breast marinated in Mediterranean herbs and spices, baked with onions, fresh lemon and olives, served with steamed couscous & glazed Moroccan carrots.....\$21

Shish Kabobs (Laham-bi-Seackh)

Grilled marinated tender chicken or beef tenders with vegetable skewers served with Basmati rice, spinach korma and pine nuts\$20

Greek Eggplant and Lamb Casserole (Moussaka)

A classic casserole found in the eastern Mediterranean cuisine. This great combination is layered w/eggplant & lamb topped with béchamel sauce and baked to perfection. Served with roasted garlic potato and vegetable du jour.....\$21

Roasted Leg Of Lamb (Meshoui)

Boneless sliced leg of lamb marinated with garlic and spices, roasted to perfection and topped with a creamy garlic sauce, served with rice pilaf and steamed vegetables.....\$20

Three Meat Baked Lasagna

Fresh Lasagna layered with meat sauce including beef, sausages and pepperoni, topped with our homemade marinara sauce imported cheese served with steamed Vegetables.....\$19

Hot Sides.....\$5 each

Basmati Rice or Rice pilaf
Lentil Sautee
Steamed Couscous
Moroccan Glazed carrots
Steamed or Grilled Vegetables
Garlic Roasted New Potatoes

Cold Sides.....\$4 each

Potato Or New Red Potato Salad
Macaroni Salad or Cole Slaw
Greek Pasta or Garden Pasta
Tortellini Salad
Chick pea Salad
Tomato Cucumber





BFS KIDS

All Prepared to order

Blue Fish Dish with rice or pasta	\$5
The ‘uge’ “Lexi’s Usual Favorites”	\$5
(4 Grape Leaves, Couscous, kalamata Olives & Strawberries..yum!)	
Big Fat Sandwich “Little BFS”	\$5
(Your choice of any BFS sandwich kid sized!)	
The Kickin’ Chicken; Grilled chicken strips with choice of dipping sauce	\$5
Cheesy Ziti with Marinara sauce	\$5
Tortellini for tots	\$5
Italian Meatballs Parmesan over pasta	\$5
Peanut Butter and Jelly sandwich (PB &J)	\$5
Grilled Cheese Sandwich	\$5
Mini Zeus Pizza w/ sauce & Cheese	\$5

Drinks

Chocolate Milk	\$2
Got Milk	\$2
Pink Lemonade	\$2
Alda’s Hot Chocolate	\$2
Soda Fountain	\$2
Bottled Drinks	as Priced

EAT Healthy!

Kids Rock!

BEVERAGES

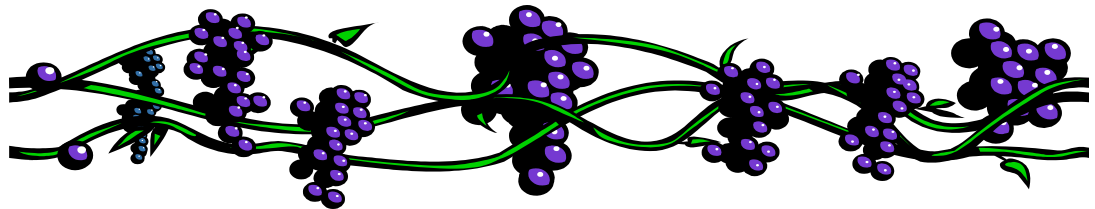
Espresso, Coffee, and Organic TEA Beverage Bar

ORGANIC & BIODYNAMIC LOOSE LEAF TEA BAR [All \$3]

- Moroccan Mint Green Tea** - green tea, spearmint
- Chamomile** - golden chamomile florets
- Organic Earl Grey** - black tea, oil of bergamot
- Decaf Earl Grey** - decaf black tea, oil of bergamot
- Hibiscus Tisane** - hibiscus, rose hips, lemon verbena
- Decaf Green Chai** - green tea, cinnamon, cardamon, ginger, clove, pepper
- Mayan Chai** - black tea, cinnamon, cardamon, ginger, clove, pepper
- Vanilla Chai** - black tea, cinnamon, cardamon, clove, ginger, vanilla
- Ceylon Green** - native tea to the mountains of Sri Lanka
- Waves of Joy {ginger lemon Tisane}** - lemon grass, ginger, rose hips,
- Jasmine White** - jasmine infused Pai Mu Tan from China
- English Breakfast** - blend of teas from India, Kenya, Malawi and China
- Darjeeling Autumnal** - very fine darjeeling of the fall harvest
- Ginger Lemon Mint** - blackberry leaf, lemon grass, hibiscus, peppermint
- Blackberry** - herbs, leaves, and berries infused with the richness of blackberry
- Red Raspberry Rooibos** - red raspberry, hibiscus, calendula

Hot

Café Mocha - cappuccino w/chocolate syrup and whipped cream.....	\$4
Café Latte - steamed milk w/espresso & topped with rich foam.....	\$4
Cappuccino - espresso and frothed milk topped with cinnamon.....	\$4
Espresso - steam brewed to order	\$3
Hot Coffee - (regular & decaf) GREEN MOUNTAIN.....	\$2
Hot Flavored Coffee - (see server for flavor).....	\$2
Hot Chocolate - cocoa blended w/steamed milk and cream.....	\$2
Sweetened Mint Tea - traditional Middle Eastern tea.....	\$3
Turkish Coffee - traditional dark coffee.....	\$3



At **BFS** Restaurant, dine in the timelessness of the Mediterranean where the passion of provocative flavors from Italy, Greece, Lebanon, Morocco and a touch of France, tantalize even the laziest of taste buds.

BFS offers the most complete dinner menu in Albany. From NY style Deli Sandwiches, Salads, Soups and our Famous Wraps to Middle Eastern specialties such as Falafel, Hummus and Stuffed Grape Leaves to Mediterranean specialties including Grilled Vegetable Platter, Risotto, & Pastas.

Enjoy!

Wines by the Glass

BFS Proudly Pours

Our House-Casillero Del Diablo

Wines From Chile

Cabernet Sauvignon

Aromatic, deep red wine w/ Supple mouth feel and flavors of cherry, berry and spice

Chardonnay

Bursting with flavors of green apples, pears, melons and spices, along with soft hints of vanilla and toast

Merlot

A Great, cherry aromas & warm smoky flavors.

Glass \$6.75 Bottle \$25.00

STONEHAVEN {*Wines from Australia*}

Shiraz

Fragrant aromas of blackberries, red cherries and white pepper are complemented by subtle oak flavor

Chardonnay

Displays soft Peach, pineapple and citrus aromas with oak nuances that end in a clean and crisp finish

Glass \$7.25 Bottle \$26.00

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White Wines

(By GLASS)

Sartori Pinot Grigio-Italy	\$6.95
Markham Sauvignon Blanc-Calif	\$6.95
Santa Margherita Pinot Grigio-Italy	\$8.50
St Chapelle Riesling-Idaho	\$6.95
Boutari Retsina-Greece	\$6.95
Rodney Strong Chardonney-Calif	\$7.75

Red Wines

(By GLASS)

Castello Banfi Chianti Classico-Italy	\$7.95
Knapp Cabernet Franc-NYS	\$7.25
Stonehaven Shiraz- Aust	\$7.25
BV Coastal Cabernet Sauvignon-Calif	\$6.95
Forest Glen Pinot Noir—Calif	\$6.95
Sokol Blosser Mediterrina- Oregon	\$7.75

PLEASE SEE OUR NEW WINE LIST FOR DETAILS

OUR POLICY AT BFS IS TO ID ALL PERSONS PURCHASING ANY ALCOHOLIC BEVERAGES IN THIS ESTABLISHMENT. THANK YOU FOR YOUR COOPERATION.



Cold Beer Selections

Domestic Beer

Brooklyn Brown	\$4.95
Coors Light	\$4.95
George Killians Irish Red	\$4.95
Sam Adams Lager	\$4.95
Sam Adams Lager light	\$4.95
Saranac Amber	\$4.95
Saranac Pale Ale	\$4.95
Sierra Nevada Pale Ale	\$4.95
Yuengling Black and Tan	\$4.95

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Imported Beer

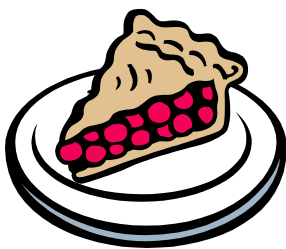
Amstel Light	\$4.95
Bass Pale Ale	\$4.95
Beck's Haake Beck [NA]	\$4.75
Corona Extra	\$4.95
Corona Extra Light	\$4.95
Labatts Blue	\$4.75
Labatts Blue Light	\$4.75
Heineken	\$4.95
St. Paulie Girl	\$4.95

OUR POLICY AT BFS IS TO ID ALL PERSONS PURCHASING ANY ALCOHOLIC BEVERAGES IN THIS ESTABLISHMENT. THANK YOU FOR YOUR COOPERATION.



From our Dessert Bar
DOLCI

- Baklava...Sm.....\$2
- Lg.....\$3
- Carrot Cake.....\$5
- Cheese Cake (see server).....\$5
- Chocolate Cake (see server).....\$5
- Cake or Tortes du jour.....\$5
- Tiramisu.....\$5
- Rice Pudding (per availability)....\$4
- Bread Pudding (per availability)..\$4
- Italian Cookies Plate.....\$3
- Fresh Fruit Plate (Seasonal).....\$4
- Pie du jour.....\$4



Espresso & Cold Beverages
& Organic Teas Bar

Cold

- Iced Tea.....\$2
- Italian Soda.....\$2
- Got Milk.....\$2
- Chocolate Milk.....\$2
- Orange, Cranberry or Apple Juice...\$2
- Soda -(Pepsi, Diet Pepsi, Ginger Ale)..\$2
- Snapple (assorted flavors).....\$2
- Sparkling Water (Saratoga).....\$2
- Spring Water (Saratoga).....\$2
- Pellegrino.....\$2

Hot

Café Mocha

- cappuccino w/chocolate syrup & whipped cream.....\$4

Café Latte

- steamed milk w/espresso & topped w/cinnamon.....\$4

Cappuccino

- espresso and frothed milk topped with cinnamon....\$4

- Espresso**.....\$3

- Double Espresso**.....\$4

- Tea** - - herbal and flavored.....\$2

- Coffee** - (regular & decaf).....\$2

- Flavored Coffee** .. (see server for flavor).....\$2

- Hot Chocolate** - w/steamed milk & cream....\$2

- Sweetened MintTea** - Middle Eastern tea....\$2

- Turkish Coffee** - traditional dark coffee.....\$3

- Organic & Biodynamic Loose tea**.....\$3

"See Our menu of Tea Selections"

