

fable

UMAMI-RICH PROTEIN

CRAFTED FROM REAL SHIITAKE



MEET FABLE - MUSHROOMS REIMAGINED



Pulled Shiitake
Mushrooms



Shiitake
Mushroom
Burger

Fable is made from shiitake mushrooms. We elevate their naturally dense, fleshy fibers and umami flavors to create a succulent culinary protein.

We craft our products using simple and natural ingredients you'd recognize, letting you create dishes you can be proud to serve in your restaurant.

We're strictly free from GMO, preservatives and artificial ingredients. It's real food, real mushrooms – but better.

Loved by diners and chefs all around the world – Fable is served in 1,500+ venues across the United States, Canada, United Kingdom, Australia and Singapore, with more opening every day.

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FB042 – Fable Pulled Shiitake Mushrooms

Dot #: 793581

Ingredients:

Mushroom (45%) (naturally occurring **Sulfites**), Water, Coconut Oil, **Soy** Protein Isolate (non GMO), Canola Oil (non GMO), Tapioca Flour, Gluten Free **Soy** Sauce (non GMO), Salt, Yeast Extract, White Pepper, Mushroom Powder, Black Pepper

Allergens:

Contains: **Soy** and naturally occurring **Sulfites**. May Contain: **Wheat** since this product is manufactured in a facility that processes other food products which may contain these ingredients.

Shelf life:

3 years frozen. 7 days refrigerated. Consume within 3 days of opening.

Unit size:

2.2lb per pack, 6 x 1 CTN

NUTRITION FACTS

Servings per pack:	8
Serving size:	½ cup (4 oz)
Amount per serving	
Calories	350
	% Daily Intake
Total Fat 22 g	28%
Saturated Fat 12 g	60%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 490 mg	21%
Total Carbohydrate 23 g	8%
Dietary Fiber 19 g	68%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 14 g	28%
Vitamin D 107.2 mcg	540%
Calcium 60 mg	4%
Iron 2 mg	10%
Potassium 190 mg	4%



FB016 – Fable Shiitake Mushroom Burger

Dot #: 793352

Ingredients:

Shiitake Mushroom (46%) (containing natural **Sulfites**), Water, Coconut Oil, Isolated **Soy** Protein, Rice, Canola Oil, Tapioca Flour, Yeast Extract, Gluten Free **Soy** Sauce, Onion Powder, Salt, Tomato Powder, Garlic Powder, Natural Liquid Smoke, Mushroom Powder

Allergens:

Contains: **Soy** and naturally occurring **Sulfites**. May Contain: **Wheat** since this product is manufactured in a facility that processes other food products which may contain these ingredients.

Shelf life:

2 years frozen. Consume within 2 days of opening.

Unit size:

5 burgers per pack, 5 x 8 CTN

NUTRITION FACTS

Servings per pack:	8
Serving size:	1 patty (3.88 oz)
Amount per serving	
Calories	208
	% Daily Intake
Total Fat 7.3 g	9%
Saturated Fat 5.5 g	30%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 471.2 mg	20%
Total Carbohydrate 25.8 g	9%
Dietary Fiber 19.8 g	71%
Total Sugars 1.4 g	2%
Includes 0 g Added Sugars	0%
Protein 9.7 g	20%
Vitamin D 140.8 µg	705%
Calcium 96.8 mg	7%
Iron 1.7 mg	11%
Potassium 131.4 mg	3%



FB026 – Fable Shiitake Mushroom Sliders

Dot #: 793359

Ingredients:

Shiitake Mushroom (46%) (containing natural **Sulfites**), Water, Coconut Oil, Isolated **Soy** Protein, Rice, Canola Oil, Tapioca Flour, Yeast Extract, Gluten Free **Soy** Sauce, Onion Powder, Salt, Tomato Powder, Garlic Powder, Natural Liquid Smoke, Mushroom Powder

Allergens:

Contains: **Soy** and naturally occurring **Sulfites**. May Contain: **Wheat** since this product is manufactured in a facility that processes other food products which may contain these ingredients.

Shelf life:

2 years frozen. Consume within 2 days of opening.

Unit size:

8 sliders per pack, 36 x 8 CTN

NUTRITION FACTS

Servings per pack:	8
Serving size:	1 slider (1.59 oz)
Amount per serving	
Calories	85
	% Daily Intake
Total Fat 13 g	4%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 192 mg	8%
Total Carbohydrate 10.5 g	4%
Dietary Fiber 8 g	29%
Total Sugars 1 g	2%
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 57.6 mcg	290%
Calcium 39 mg	3%
Iron 1 mg	6%
Potassium 53 mg	1%



FB046 – Fable Shiitake Infusion

Dot #: 793354

Ingredients:

Shiitake Mushroom (89%) (Naturally Occurring **Sulfites**), Water, Rice, Canola Oil (Non GMO), Coconut Oil, Yeast Extract, Mushroom Powder, Salt

Allergens:

Contains: Naturally Occurring **Sulfites**.

Shelf life:

2 years frozen. 7 days refrigerated. Consume within 2 days of opening.

Unit size:

6.6lb per pack, 5 x 1 CTN

NUTRITION FACTS

Servings per pack:	30
Serving size:	½ cup
Amount per serving	
Calories	220
	% Daily Intake
Total Fat 10 g	13%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 180 mg	8%
Total Carbohydrate 24 g	9%
Dietary Fiber 24 g	86%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 7 g	14%
Vitamin D 311 mcg	1560%
Calcium 160 mg	10%
Iron 3.1 mg	15%
Potassium 180 mg	4%



FB050 – Fable Jalisco Pulled Shiitake Mushrooms

Dot #: 793582

Ingredients:

Water, Shiitake Mushroom (25%) (Naturally Occurring **Sulfites**), Jalisco Seasoning (Tomato Powder, Guajillo Chiles, Onion Powder, Salt, Ancho Chiles, Garlic Powder, Yeast Extract, Black Pepper Powder, Oregano, Cinnamon Powder, Thyme, Cumin, Bay Leaf), Coconut Oil, **Soy** Protein Isolate (non GMO), Tapioca Flour, Gluten Free **Soy** Sauce (non GMO) (Water, **Soybeans**, Salt, Sugar, Corn Starch), Salt, Yeast Extract, White Pepper, Mushroom Powder, Black Pepper.

Allergens:

Contains: **Soy** and naturally occurring **Sulphites**. May Contain: **Wheat** since this product is manufactured in a facility that processes other food products which may contain these ingredients.

Shelf life:

7 days refrigerated. Consume within 3 days of opening.

Unit size:

2.2lb per pack, 6 x 1 CTN

NUTRITION FACTS

Servings per pack:	8
Serving size:	½ cup (4 oz)
Amount per serving	
Calories	280
	% Daily Intake
Total Fat 21 g	27%
Saturated Fat 16 g	80%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 610 mg	27%
Total Carbohydrate 18 g	7%
Dietary Fiber 13 g	46%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 11 g	22%
Vitamin D 39 µg	195%
Calcium 200 mg	15%
Iron 2 mg	11%
Potassium 270 mg	6%



FB065 – Fable Asian Sweet & Spicy Riblet

Dot #: 793584

Ingredients:

Water, Shiitake Mushroom (20%) (Naturally Occurring **Sulfites**), Asia Sweet and Spicy Seasoning (Sugar, Salt, Szechuan Pepper, White Pepper, Hot Chili, Garlic, Cinnamon, Star Anise, Onion, Ginger and Black Pepper), Coconut Oil, **Soy** Protein Isolate (non GMO), Canola Oil (non GMO), Tapioca Flour, Rice Vinegar, Miso Paste, Dark Gluten Free **Soy** Sauce (non GMO) (Water, Color (150a), **Soybeans**, Salt, Corn Starch, Sugar), Gluten Free **Soy** Sauce (non GMO) (Water, **Soybeans**, Salt, Sugar, Corn Starch), Salt, Yeast Extract, White Pepper, Mushroom Powder, Black Pepper.

Allergens:

Contains: **Soy** and naturally occurring **Sulfites**. May Contain: **Wheat** since this product is manufactured in a facility that processes other food products which may contain these ingredients.

Shelf life:

7 days refrigerated. Consume within 3 days of opening.

Unit size:

2.2lb per pack, 6 x 1 CTN

NUTRITION FACTS

Servings per pack:	8
Serving size:	½ cup (4 oz)
Amount per serving	
Calories	320
	% Daily Intake
Total Fat 17 g	22%
Saturated Fat 6 g	30%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 640 mg	28%
Total Carbohydrate 33 g	12%
Dietary Fiber 16 g	57%
Total Sugars 12 g	
Includes 0 g Added Sugars	0%
Protein 10 g	20%
Vitamin D 0 mcg	0%
Calcium 120 mg	9%
Iron 2 mg	11%
Potassium 190 mg	4%