

OPENING HOURS

DEANSGRANGE

Monday – Friday: 4-10pm
Saturday & Sunday: 2-10pm

RATHMINES

Monday – Thursday: 4-10pm
Friday: 4-10:30pm
Saturday: 2-10:30pm
Sunday: 2-10pm

WINDY ARBOUR

Monday – Thursday: 4-10pm
Friday: 12-10:30pm
Saturday: 2-10:30pm
Sunday: 2-10pm

DIETARY GUIDE

- V** VEGETARIAN
- GF** GLUTEN FREE
- PF** PALEO FRIENDLY
- SS** SABA SLIM (under 350 calories)
- SL** SABA LIGHT (under 550 calories)

*All our dishes are dairy free, except our desserts.
All our Beef is Irish Hereford.*

ALLERGEN LIST

1. Gluten, 2. Crustaceans, 3. Eggs, 4. Fish, 5. Peanuts, 6. Soya, 7. Milk, 8. Tree Nuts, 9. Celery, 10. Mustard, 11. Sesame, 12. Sulphites, 13. Lupin, 14. Molluscs. Please advise us of any allergies.
* May contain

We use peanuts in a number of our dishes, as with any kitchen, there is a chance of cross-contamination. If you have an allergy to peanuts or one of the other allergens we would ask that you contact the relevant store directly & speak to the manager on duty. All our food is made fresh to order so if you have any particular requirements, don't hesitate to ask and we will try our best to help.

SPICE GUIDE

- 1** MILD
- 2** MEDIUM
- 3** SPICY
- 4** VERY SPICY
- 5** VERY, VERY SPICY

All Saba's dishes are freshly prepared. Levels of spiciness are graded 1 to 5, so let us know how hot you would like it.

SABATISERS

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| 1 | PRAWN CRACKERS (1*, 2, 5*, 7*)
Served with a sweet chilli sauce | €2.50 |
| 2 | HOISIN DUCK ROLLS (1,6,7*,9*,10*,11,14) SL
Aromatic duck wrapped in pancakes with julienne of leek, cucumber & hoisin sauce | €6.95 |
| 3 | POR PIA THOD (1, 6) V
Crispy vegetable spring rolls with wood ear mushrooms & a plum sauce | €5.95 |
| 4 | VEGETABLE PARCELS (1) V SL
Served with a sweet chilli sauce | €5.95 |
| 5 | SABA CHICKEN WINGS (1, 6, 11, 14) SL
In a soy, honey & sesame glaze with tamarind dip. | €7.25 |
| 6 | SATAY GAI (1*,2,4,5,6*,7*,8*,10,11*) GF SS
Grilled chicken skewers with peanut sauce | €7.25 |
| 7 | BLACK PEPPER SQUID (1,6,9,14) SL
Served with a ginger pepper sauce | €7.95 |
| 8 | ROASTED SWEET & SOUR PORK RIBS (1,2,5,6,11,14) 1
Marinated in honey, soy sauce, oyster sauce, coriander & black peppercorn with spring onions, chilli & crushed peanuts | €7.25 |
| 9 | SABA PINTO BOX (1,2,4,5,6,9,10,11,14)
2 por pia thod, 2 vegetable parcels, 4 chicken wings, 2 satay skewers & served with a sweet chilli & plum sauce | €12.95 |
| 10 | SABA SPICE BOX (1,3,6)
Potato fries with fresh peppers, onions, spring onions, coriander, chicken & Saba's secret spice blend | €8.95 |

SUPER SALADS

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| 24 | SPICY BEEF SALAD (4,5) GF SS
With lemongrass, peanuts, tomatoes, shallots & cucumber | €10.50 |
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STEAMY SUPER SOUPS

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| 65 | TOM YAAM GOONG (2,4) 1 2 3 4 5 PF SS
Traditional Thai spicy soup with tiger prawns, oyster mushrooms, galangal, kaffir lime leaves, lemongrass, chillies and coriander | Medium
€7.50 |
| 66 | PHO BO - BEEF NOODLE SOUP (1,6) SL
Flat rice noodles, beef fillet, bean sprouts, spring onions, in a delicious Vietnamese broth with crispy garlic and fresh coriander | Large
€11.25 |

NOODLES

Can be modified for coeliacs and vegetarians

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| 50 | PHAD THAI (3,5) 1 2 3 4 5 GF SL
Flat rice noodles with peanuts, egg, bean sprouts & lime. Choose from the following:
Tiger Prawns & Chicken
Tiger Prawns
Chicken | €13.50
€13.50
€13.50 |
| 51 | PHAD THAI JAY (3,5) 1 2 3 4 5 V GF SL
Flat rice noodles with tofu, vegetables, peanuts, egg, bean sprouts & lime | €13.50 |
| 52 | BANGKOK (1,6,14) 1 2 3 4 5 SL
Flat rice noodles with beef, onions, peppers, chillies, spring onions & sweet basil | €13.50 |
| 53 | SAIGON (1,2,3,4,5,6,14) 1 2 3 4 5
Vermicelli noodles with tiger prawns, pork, sliced carrots, bean sprouts & spring onions & egg Vietnamese style | €13.50 |
| 54 | PATTAYA (1,3,6,14) 1 2 3 4 5
Egg noodles with roasted duck, chillies, egg, pak choi, Chinese leaves & mushrooms | €13.50 |
| 55 | CHIANG RAI (1,6,14) 1 2 3 4 5
Spicy egg noodles with chicken, peppers, onions, chilli and sweet basil | €13.50 |
| 56 | FAN FO (1,2,3,4,6,14) 1 2 3 4 5 SL
Egg noodles with crispy chicken, chilli paste, broccoli, carrot, spring onions, peppers and pak choi | €13.50 |

CURRY

All curry dishes are served with steamed rice
Choose from the following:

Medium: Chicken / Vegetables & Tofu: €13.50
Beef / Duck / Prawn: €14.50

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| 70 | MASSAMAN (2,4,5) 1 2 3 4 5 GF
With potatoes, onions, peanuts & crispy shallots | |
| 71 | GAENG PET (2,4) 1 2 3 4 5 GF
Red curry with string beans, bamboo shoots, peppers, chilli, aubergines & sweet basil | |
| 72 | GREEN (2,4) 1 2 3 4 5 GF
With string beans, bamboo shoots, peppers, chilli, aubergines & sweet basil | |
| 73 | YELLOW 1 2 3 4 5 GF
With onions, potatoes & crispy shallots | |

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| 74 | GAENG KAREE FUKTONG V GF SL
Aromatic yellow butternut squash curry with sweet potato, onions & potatoes | |
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RICE DISHES

Choose from the following: Chicken / Beef / Prawn / Duck / Vegetables & Tofu

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| 75 | HO CHI MHIN (1,3,5,6,14) 1 2 3 4 5
Wok fried rice with yellow curry paste, chilli, onions, spring onion, carrot, egg, Thai basil & Asian greens | €11.95 |
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WOK

All wok dishes are served with steamed rice.
Choose from the following:

Chicken / Vegetable €13.50 | Beef / Prawn €14.50

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| 80 | XAO HAO LO (SAO-HUA-LER) (1,6,8,14)
Oyster mushrooms, babycorn, snow peas & cashew nuts | |
| 81 | PHAD KHING (1,6,14) 1 2 3 4 5 SL
With ginger, shitake mushrooms, spring onions, babycorn & peppers | |
| 82 | PHAD NAM PRIK PAO (1,4, 6,14) 1 2 3 4 5 SL
With chilli paste, babycorn, onions, wood ear mushrooms, pepper & chillies | |
| 83 | PHAD PRIK SOD (1,6,14) 1 2 3 4 5 SL
With chillies, onions, peppers, mushrooms & sweet basil | |
| 84 | PHAD KRAPROW (1,6,14) 1 2 3 4 5 SS
With bird's eye chillies, garlic, onions, string beans, peppers, babycorn, tomatoes & holy basil | |
| 85 | CRISPY CHILLI CHICKEN (1,3,6,8,14) 1 2 3 4 5
With cashew nuts, sugar snap peas, spring onions & carrots | |
| 86 | SWEET & SOUR (1,3,6) SL
With onions, pineapple, spring onions, tomatoes, mixed peppers | |
| 87 | BARBARIAN PROTEIN BOX (2,4,5,8) GF SL
Protein packed box with broccoli, babycorn, kale, cashew nuts, edamame beans, mushrooms, holy basil, sweet potato & a light peanut curry sauce | |

PALEO

Dairy, wheat, soya and legume free, just how the cavemen liked it. (Rice not included).
Chicken / Vegetable €12.50 | Beef / Prawn €12.95

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| 77 | PRIMAL GREEN (1,2,4,6) 1 2 3 4 5 PF SS
Green curry paste, coconut milk, string beans, bamboo shoots, aubergine, peppers, kaffir lime, sweet basil, butternut squash & broccoli | |
| 78 | GREEN MACHINE (8) 1 2 3 4 5 GF PF SS
Wok fried broccoli, kale, Chinese leaves, Thai basil, sugar snap peas, ginger, bok choy, cashew nuts, carrots, lime & chilli in a Saba paleo sauce | |
| 79 | CAVEMAN (2,4) 1 2 3 4 5 GF PF SL
Butternut squash, sweet potato, bok choy, carrots, broccoli, peppers, Chinese leaves, mushrooms & lime in a red curry sauce | |

LOVE HEALTHY FOOD? LOVE SABA TO GO

AT SABA TO GO, WE WANT YOU TO FEEL GOOD. THAT'S WHY WE TEAMED UP WITH LEADING NUTRITIONIST ORLA WALSH TO CREATE THIS MENU. IT GIVES YOU LOTS OF FRESH OPTIONS AND ALL THE NUTRITIONAL INFORMATION YOU NEED TO MAKE HEALTHY CHOICES.

Choose from Saba Slim (under 350 calories) and Saba Light (under 550 calories) options. Choose the very freshest, nutrient-rich ingredients in authentic, naturally dairy and gluten-free dishes. Choose all the convenience and taste of a takeaway, only now, choose to eat healthily, live well and feel amazing too. Saba To Go - the guilt-free takeaway.

Check our website for a full nutritional breakdown of all our dishes and for Saba Slim and Light dishes.

VEGAN

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| 100 | VEGETABLE PARCELS (1) SL
Served with a sweet chilli sauce | €5.95 |
| 102 | VEGAN PHAD THAI JAY (5)
Flat rice noodles with peanuts, bean sprouts, babycorn, carrot, broccoli, bok choy, Chinese leaf & lime | €13.35 |
| 103 | VEGAN BANGKOK (1,6) SS
Flat rice noodles with babycorn, carrot, broccoli, bok choy, Chinese leaf, onions, peppers, chillies, spring onions & sweet basil | €13.35 |
| 104 | VEGAN DANANG (1,6)
Vermicelli noodles with babycorn, carrot, broccoli, Chinese leaf, bok choy, sugar snap peas, string beans, bird's eye chillies, snow peas & holy basil | €13.35 |
| 105 | VEGAN GREEN MACHINE (8) SS
Wok fried broccoli, babycorn kale, Chinese leaves, Thai basil, sugar snap peas, ginger, bok choy, cashew nuts, carrots, lime & chilli in a Saba paleo sauce | €13.35 |
| 106 | VEGAN VEGETABLE YELLOW CURRY GF SL
With onions, potatoes, mixed vegetables and crispy shallots, with babycorn, carrot, broccoli, bok choy, chinese leaf, sweet potato, onions and potatoes. | €13.35 |
| 107 | VEGAN GAENG KAREE FUKTONG GF SL
Aromatic yellow butternut squash curry with babycorn, carrot, broccoli, bok choy, Chinese leaf, sweet potato, onions & potatoes | €13.35 |
| 108 | VEGAN XAO HAO LO (1,6,8) SS
Oyster mushrooms, babycorn, carrot, broccoli, bok choy, Chinese leaf, snow peas & cashew nuts | €13.35 |
| 109 | VEGAN PHAD KHING (1,6) SS
With ginger, carrot, broccoli, bok choy, Chinese leaf, shitake mushrooms, spring onion, babycorn & peppers | €13.35 |
| 110 | VEGAN PHAD PRIK SOD (1,6) SS
With babycorn, carrot, broccoli, bok choy, Chinese leaf, chillies, onions, peppers, mushrooms & sweet basil | €13.35 |
| 111 | EDAMAME BEANS (1,6)
Steamed soya beans tossed in sea salt | €5.00 |

KIDS

Children's meals are only available when ordering a main course

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| 130 | LITTLE SWEET & SOUR (1,3,6) SS
Crispy chicken with a sweet & sour sauce, served with steamed rice | €6.95 |
| 131 | LITTLE STIR FRY (1,6,14) SS
Chicken & vegetables fried in our wok sauce, served with steamed rice | €6.95 |
| 132 | CHICKEN NOODLE BOX (1,6,14) SS
Egg noodles wok fried with vegetables & chicken | €6.95 |

SIDES

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| 90 | DAO HUP (1,2,6) V
Stir-fried vegetables in a garlic & mushroom sauce | €5.25 |
| 91 | PHAD FUKTONG (1,3,6,8,14)
Stir-fried butternut squash, cashew nuts, spring onions & egg | €5.25 |
| 92 | STEAMED JASMINE RICE SL | €2.00 |
| 93 | SABA BROWN & RED RICE SL | €2.75 |
| 94 | EGG FRIED RICE (3) SL | €2.95 |
| 95 | FRIED EGG NOODLES (1,6,14) SL | €4.50 |
| 96 | EXTRA DIPS
Satay/sweet chilli/plum/soy/hoisin | €1.50 |
| 97 | ADD EXTRA INGREDIENTS TO YOUR MAIN COURSE
Chicken, Beef, Tiger Prawns, Duck, Vegetable & Tofu | €2.95 |
| 98 | EDAMAME BEANS (1,6)
Steamed soya beans tossed in sea salt | €5.00 |
| 99 | THAI STYLE ROASTED CASHEW NUTS – SALTY, SWEET & SPICY (8) | €4.25 |

HOME MADE DESSERTS

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| BANOFFI PIE (1,3,7) | | €3.95 |
| CHILLI CHOCOLATE MOUSSE (7) GF | | €3.95 |
| CHOCOLATE BROWNIE WITH CHOCOLATE SAUCE (3,7,8) GF | | €3.95 |
| NOBO DAIRY FREE ICE CREAM GF | 100ml | €3.50 |
| Vanilla & Coconut / Chocolate & Toasted Almond (8) | | |
| MORELLI ICE CREAM (7) GF | 125ml | €3.00 |
| Cookies & Cream (1,6,7) / Honeycomb / Chocolate / Double Vanilla / Salted Caramel | | |
| Honeycomb / Double Vanilla / | 950ml | €7.50 |
| Salted Caramel | | |

