

BREAKFAST

สนุก SANOOK {ENJOY}

SABA NUTRITION GUIDE

[V] Vegetarian
[GF] Gluten Friendly
[PF] Paleo Friendly
[VG] Vegan



* Mild
** Medium
*** Spicy
**** Very Spicy
***** 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.

Our grass fed Hereford beef is Irish.

All our dishes are dairy free, except our desserts.

If you have any particular requirements, don't hesitate to ask and we will try our best to assist.

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.

As there are nuts used in our kitchen, despite our best efforts, cross contamination is possible. If you have an allergy to peanuts or one of the other allergens we would ask that you advise a staff member.

OUR AWARD WINNING SUPPLIERS:

Nolans of Kilcullen, Co Kildare - Home cured low salt rashers, sausages and pudding
Burrenhouse Smokehouse, Co Clare - Organic Smoked Salmon
G's Gourmet Jam, Abbeyleix, Co Laois - Preserves
Glenilen Farm Drimoleague, Co. Cork.

FRUITS & GRAINS

The Saba Starter

Fresh cold pressed juice, granola, Glenilen yoghurt and fresh seasonal fruit [1,5,7,8,11] - 9.95

Saba Acai Bowl [V]

Pureed Acai berries topped with toasted granola and fresh seasonal fruits and toasted coconut [5,7,8,9,11] - 9.95

Toasted Granola

With nuts, seeds, seasonal berries and Glenilen yoghurt [5,7,8,9,11] - 7.50

Organic Porridge Oats

With honey and fresh seasonal fruits [5,7,8,11] - 6.50

EGGS & WAFFLES

Bacon and Egg Bap

Caramelised onion brioche bap, fried egg, crispy streaky bacon with 'Saba' tomato, date and tamarind relish [1,3,5,7,9,11,12] - 9.95

Gluten Free option available

Burren Smokehouse Organic Smoked Salmon

The Burren Smokehouse Salmon with avocado, poached free range hen eggs on sourdough [1,3,4,7] - 16.95

Saba Tonka Bean Bubble Waffles

With mango salsa, fresh berries and ice cream [1,3,5,7,11] - 12.95

Saba's Benedict

Toasted farls with back bacon, poached free-range hens eggs, hollandaise sauce and chives [1,3,7,9,10,12] - 15.95

Thai Style Omelette [GF]

Three egg omelette with tomato, mushroom, spinach and back rashers. Served with 'Saba' tomato, date and tamarind relish [3,5,7,9,11,12] - 13.95

Eggs Royale

The Burren Smokehouse Salmon with toasted farls, poached free range hens eggs, hollandaise sauce and chives [1,3,4,7,9,10,12] - 16.95

FULL IRISH

The Saba Full Irish

Fried free range eggs, sausages, rashers, black and white pudding, BBQ baked beans and sourdough [1,3,7,9,12,13] - 15.95

The Saba Mini

Same as the Saba Full Irish for smaller appetites [1,3,7,9,12,13] - 10.95

PLANT POWER

Plant Power Breakfast [V]

Smashed avocado on sourdough, plum vine tomatoes, spinach and mushrooms with Saba tomato, dates and a tamarind relish [1,3,5,9,11,12] - 13.95

With poached eggs - 15.95

TOASTS & PASTRIES

Buttermilk Fruit Scone

Served with Clotted cream and Follain raspberry preserve and Follain raspberry preserve [1,3,7] - 4.50

Patongo Donuts

Thai style doughnuts served with warm chocolate sauce [1,7] - 5.50

Croissant or Pain au Chocolat

With Glenilen butter and sweet preserves [1,3,5,7,8,12] - 4.50

SIDE ORDERS

Sausages - 3.50

Home Cured Low Salt Back

Rashers - 3.50

Black Pudding - 2.50

White Pudding - 2.50

Avocado - 3.75

BBQ Beans - 3.00

Saba Fries - 6.50

Gluten Free Bread Available

FRESH JUICE & SIPS

House Iced Tea

Iced tea with seasonal berries, honey, peach and mint - 4.95

Beetroot Blast

Cold pressed beetroot, carrots and apple - 4.95

Orange and Mango Tango

Cold pressed orange juice and mango - 4.95

KOMBUCHA

Fermented by Prokulture in Sallins, Co Kildare

Ginger and Lemongrass 300ml - 5

Orange and Turmeric 300ml - 5

Pink Grapefruit 300ml - 5

Wild Berry 300ml - 5

TEAS

Our herbal teas are blended by Solaris Botanicals in Co. Galway

Peppermint, Green, Chamomile, Rooibos, Irish Lyons Breakfast Tea - 3.50

COFFEES

Our coffee is hand roasted by McCabes Coffee in Co. Wicklow

Espresso - 3.00

Double Espresso - 3.50

Macchiato - 3.30

Americano - 3.50

Latte - 4.10

Cappuccino - 3.90

Mocha - 4.20

Flat White - 3.90

Hot Chocolate - 4.20

Oat milk and

Almond milk available +60c

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@SABARESTAURANTDUBLIN



